SINGALONG-SAN ANDRES

WOMEN'S CLUB

—o:o—

Menu Cook Book No. 2

and

Club Activities

PUBLISHED BY THE SINGALONG-SAN ANDRES WOMEN'S CLUB

1960

PHILIPPINES COPYRIGHT 1949
BY
MARIQUITA V. ADRIANO

SECOND EDITION JAN. 30, 1960

PAST OFFICERS OF THE SINGALONG-SAN ANDRES WOMEN'S CLUB AND THEIR TERMS OF OFFICE

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Secretary Mrs. Margarita G. Amante

1952 to 1954

President Mrs. Consorcia Leviste
Treasurer Mrs. Fortunata Alicante
Secretary Mrs. Josefina R. Eugenio

1955 to 1956

President Mrs. Mariquita V. Adriano
Treasurer Mrs. Zoila Sevilla
Secretary Mrs. Fortunata Alicante

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1959 to 1960

President Mrs. Natividad R. Meer
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SINGALONG-SAN ANDRES WOMEN'S CLUB

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1959

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15. Mrs. Maria Aro

Advisers:

Mrs. Rosario Roxas
Mrs. Lutgarda Langcauon
Mrs. Mariquita Adriano

MESSAGE

September 16, 1959

Miss Chloe Gifford, president of the General Federation of Women's Clubs, said that a project should be worthy, should make a very definite contribution to society, and that there is ample room today for many, many worthwhile projects. We can say without any reservation that the Menu Cook-Book project of the Singalong-San Andres Women's Club begun in 1949 can definitely come up to the above specifications of an excellent project.

Congratulations!

(Sgd.) Mrs. MINERVA G. LAUDICO
President
National Federation of Women's Clubs
of the Philippines

PROJECT REPORT—SINGALONG-SAN ANDRES WOMEN'S CLUB

Soon after the formation of the Singalong-San Andres Women's Club, composed of civic-minded women of the Singalong-San Andres district, a fund-raising campaign was organized. These women, not satisfied with being merely housewives and mothers, felt the need to raise the standards of their particular community life, to build up the morale of their common environment so badly in need of bolstering up after the havoc that the war left behind. In order to constructively fulfill their aims and plans, money must be raised. After several meetings and discussions, the charter members gathered at the home of a member to formalize proposals. Being all good cooks a suggestion was made to print an all-Filipino Cook Book. The idea was for each member to hand in her favorite menu for a day.

This balanced and strictly Filipino menu, based on custom and habit of each particular Filipino family would be compiled, put together and edited, for the use and reference not only of Filipinos but also peoples of other lands who would be interested in our cooking. The idea grew and developed, and seemed like a wonderful way to achieve their goal. Someone also suggested asking recipes and menus from prominent women of Manila and civic leaders, if not gourmets in their own right. At this time the idea of an all-Filipino Cook Book was still a new one. The need was there, but the initial action of doing something about it is forever to the credit of the Singalong-San Andres Women's Club. A lot of recipe books were subsequently published by various other groups both private and public. When the meeting was adjourned, the women members enthusiastically took out pen and pencil and consulting husband and children as to their favorite menus turned in what would be a typical and authentic aspect on Filipino Culinary Art.

Each individual member and contributor had her own way of cooking even dishes of national fame, and as was inevitable duplicate recipes were turned in, but the methods were very seldom the same. Some recipes were handed down thru the years, others top secret formulas but all unselfishly handed in. It was an interesting and eye-opening experience and its success can be judged by initial sales, in mimeograph form for lack of funds, which was sold out.

The next batch was subsequently printed, 500 copies, then 1,000 copies as the demand grew. Fame of the books even reached foreign shores, the club receiving orders from Guam, Honolulu and the United States. Orders were also received from various other clubs and organizations in Manila and the provinces. The cook book was also used as reference on nutrition by the School of Nursing. Today, the little community club of the Singalong-San Andres Women's group has a reserve of ₱5,000.00 realized from their successful fund raising campaign. The club has some 1,000 copies printed yearly to maintain their project. As a direct result of the success of the idea which grew into a mountain from a little molehill, there are available funds for worthwhile group activities like their annual Christmas party for the poor children of the community. A sewing machine was also bought for the use of the women of the community who cannot afford to buy one.

Submitted by Organizer and First President,

Mrs. ROSARIO KALAW DE ROXAS

FOREWORD

Cooking has been and still is the time-honored hobby of Filipino women thruout the ages. The reason therefor is not wanting; for under the old order of things, the house used to be the exclusive sphere of activity among them.

Thus, as the years went by, Filipino women acquired so much proficiency in this particular line of human endeavor, until the time came when women wanted to share their favorite dishes with others all over the Islands.

And with the impact of modern civilization, cooking became more of an art. Not only that, it has become more complicated, the more so when the housewife became calory conscious and because prices of foodstuffs have increased considerably. By then, it becomes necessary that the housewife should not only prepare her "menu" for a given occasion in advance, but also she has to be discriminating and exact — to the measure — of the different condiments that a particular dish calls for.

As a fitting impetus for such complex culinary avocation, Filipino women thought it best to compile their special and favorite recipes in the form of "cook books" duly bound, not only for their immediate reference when the occasion so demands but also as a guide to others of their sex spread out thru the length and breadth of the Archipelago.

It was in this spirit that active members of the SINGALONG-SAN ANDRES WOMEN'S CLUB, more particularly in the persons of Mesdames MARIQUITA V. ADRIANO and ROSARIO K. ROXAS, conceived the idea of publishing a cook book of its own. The reception therefor by the public was so well and enthusiastic that demands for the same came not only from the Philippines but also from aliens from abroad, particularly from America.

Such demand was so great that reprinting of our cook book is in order. But we thought that in so doing, we may just as well add some more contemporary recipes, more particularly those prepared by prominent wives of our government leaders, to make our cook book up-to-date, if not varied.

Hence, this new edition which we humbly hope, shall adorn together with the Prayer Book, each and every Filipino home.

Manila, December 10, 1959.

(Sgd.) NATIVIDAD R. MEER
President
Singalong-San Andres Women's Club

PREFACE

Due to the favorable reception given to the Singalong-San Andres Menu Cook Book No. 1, and the continued demand for it both in the Philippines and abroad, the author acceded to the repeated request of fellow-club members and friends to compile the Singalong Menu Cook Book No. II.

This second Menu Cook Book includes recipes and menus for everyday use of an average Filipino housewife and favorite recipes of some of the leading ladies of the community or of their husbands, because they have more occasions to attend and give parties and receptions where foods served are not only delicious and appealing but often unusual.

This book being more or less a Club project — we also include several Filipino delicacies which we have experimented and served during club meetings and sessions of the Club's Slimnastics and Folk Dancing Classes.

We have also made it a point to utilize the fruits and farm products of the Philippines.

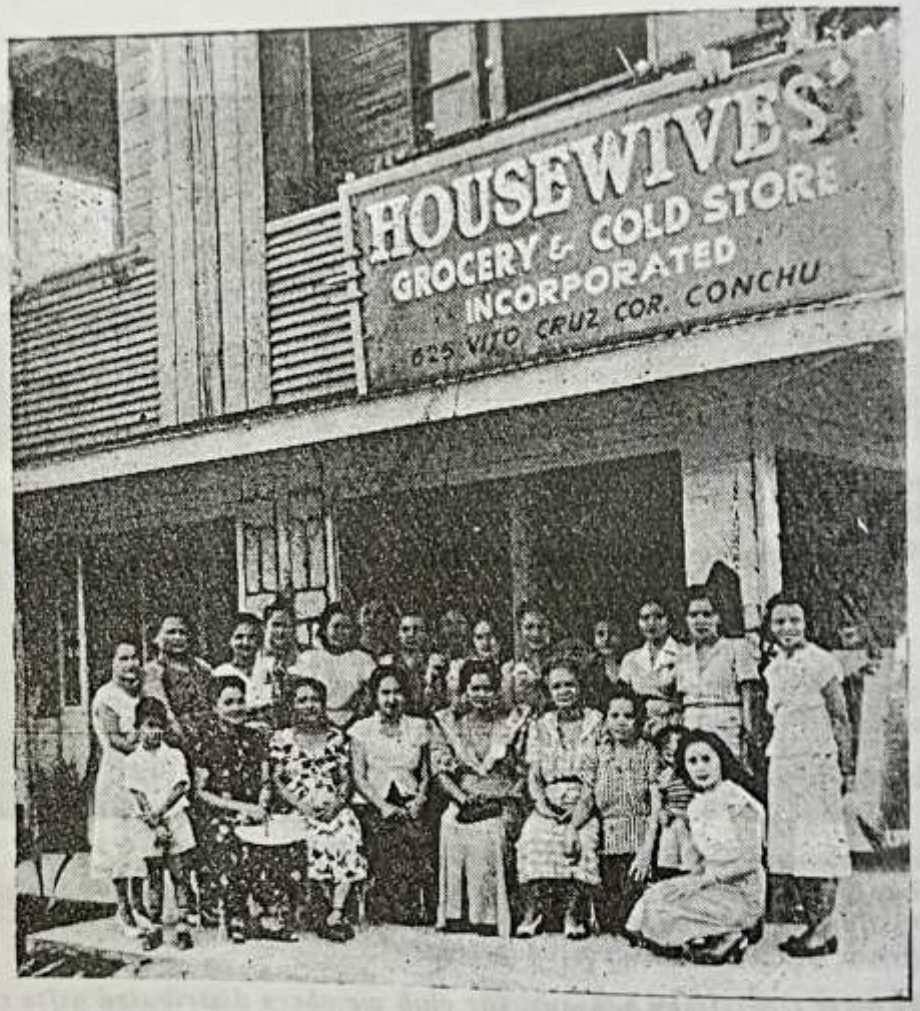
The author wishes to acknowledge with gratitude the constructive critimake this publication possible.

cisms of husbands and members and all the other ladies who have helped

(Sgd.) MARIQUITA V. ADRIANO

This Nursery Class at Tennessee St., Singalong, is one of the projects of the Singalong-San Andres Women's Club. It was organized by Mrs. Josefina R. Eugenio during her term as president.

The past Christmas seasons, the club members distributed gifts to children of Nursery School and helped put up a playground for the benefit of poor children.



THE SINGALONG-SAN ANDRES HOUSEWIVES' GROCERY
(under the management of Dr. Amparo Ocampo)

The Housewives' Grocery owned and run by business-minded members. In this store the members sell the products of the farm produced by members who have turned farmerettes. The products include fruits, vegetables, rice, chickens, eggs, etc.

OUR CLUB'S MOTTO

GOOD COOKING HELPS MAKE A HAPPY HOME

OUR DOCTOR'S ADVICE

Eat meals at regular hours every day. Do not "nibble" between meals.

Eat leisurely—chew food well. Avoid overeating rich foods.

Get plenty of sleep, fresh air and exercise. Drink a glass of water before breakfast and 5 to 7 additional glasses during the day.

SEVEN WAYS TO BE A GOOD CLUB WOMAN

1. Don't be catty
2. Don't be sloppy
3. Keep fresh and dainty
4. Practice "Good Manners and Right Conduct"
5. Don't overeat
6. Don't be sparing with laughter
7. And when not necessary, KEEP YOUR MOUTH SHUT!

THE SEVEN BASIC FOODS THAT GIVE ENERGY AND PROTECT HEALTH

GROUP I — Green and yellow vegetables: lettuce, carrots, string beans, peas, etc. You need one or more servings a day to insure normal growth, good skin condition and to prevent night blindness.

GROUP II — Citrus fruits: oranges, tomatoes, calamansi, grapefruit, raw cabbage, etc. One or more servings a day are needed to help build healthy connective tissues, strong blood vessels and to prevent bleeding gums.

GROUP III — Carbohydrate-filled foods: potatoes, corn, beets, squash, etc. Two or more servings a day are needed to insure normal function of the human body.

GROUP IV — Milk and milk products: skimmed or whole, dry or liquid, evaporated or condensed milk, cheese, etc. Three to four cups of milk are needed for children; 2 cups for adults. Help build strong bones and teeth.

GROUP V — Meet, poultry, fish and eggs: one serving of each daily and a serving of liver at least once a week. Each person needs 3 to 4 eggs daily. This group helps insure normal rate of growth and repair of the body.

GROUP VI — Bread, flour and cereals: three or more servings a day are needed to insure energy and normal growth, provide a healthy nervous system and to stimulate appetite.

GROUP VII — Butter and fats: one or more servings a day are needed to promote growth and help build resistance to diseases.

DICTIONARY OF COOKERY TERMS

BASTE — To spoon over small quantity of the juices in pan (or other liquid) to prevent burning or to add flavor.

BLANCH — To let food stand in hot water for a few minutes and then rinsing with cold water. Skins of ripe tomatoes are easily removed this way.

BRAISE — A method of moist heat cookery. Meat is browned in a little hot fat, then cooked slowly in a covered utensil with a small amount of added liquid. Cook semi-tender or less tender cuts of meat by this method. Pot roast, pork chops or pork steaks, veal chops and steaks, etc.

BREAD — To cover with beaten egg and milk mixture and then finely rolled in cracker or bread crumbs before sauteing or deep-fat frying.

BROIL — To cook by direct heat under a broiler unit. For broiling, buy the small tender cuts such as chops and steaks of beef, ham slices, bacon, pork sausage, and ground meat patties.

CARAMELIZE — To melt dry granulated sugar slowly in a pan over low heat until it turns golden brown and develops caramel flavor.

DEVIL — To sharpen flavor of foods by adding hot seasonings such as hot pepper, mustard, ginger, etc.

DOT — To scatter small bits, such as butter or diced cheese over surface of food.

DREDGE — To sprinkle with flour or other dry ingredients.

FOLD — A method of combining ingredients which prevents loss of much air in beaten or whipped ingredients. Cut down through mixture with mixing spoon, allow bowl of mixing spoon to come in contact with bottom of mixing bowl. Lift some of the mixture from the bottom, bring it up and lay it across the top. Turn the bowl gradually.

GLACE — To coat with a smooth and glossy icing, or thin syrup cooked to the crack state.

JULIENNE — To cut vegetables into match-like strips.

KNEAD — To develop fine texture and elasticity in stiff doughs. Have board and fingers lightly coated with flour. To knead, lift dough with finger tips and fold it over lightly; then press down quickly with the heel of the hand.

MARINATE — To add a French dressing mixture to food and letting it stand to season.

ROAST — To cook in the oven uncovered, without added moisture. A temperature of 325°F. for all roasting. The fat side of the roast should be on top when meat goes into oven. As the meat roasts, the fat melts and runs down over the meat, making basting unnecessary.

SAUTE — To cook, or fry, food in just the small amount of fat needed to keep them from sticking.

SCALD — To bring milk to temperature just under boiling.

SCORE — To cut narrow grooves or gashes into the surface, as, for instance, the criss-cross gashes on a Virginia ham.

STEAM — To cook in steam or over boiling water or baño de maria or double boiler.

STEW or SIMMER — Cooking in liquid just below boiling point. The meat may or may not be browned first. Soups and stews are cooked by this method.

TOSS — To turn salad ingredients over lightly with fork and spoon so that dressing covers all morsels.

WHIP — To beat rapidly, as eggs, cream, gelatine to incorporate air and produce expansion.

THE SINGALONG-SAN ANDRES WOMEN'S CLUB

10th Anniversary celebration held at Philippine Columbian Social Hall
July 7, 1956

Seated left to right: Mrs. Barbara York, Mrs. Augusto Francisco and Mrs. Rosario Roxas. Standing left to right: Mrs. Lutgarda Langcauon, Mrs. Josefina Eugenio, Mrs. Mercedes Uichanco, Mrs. Consorcia Leviste, Mrs. Sofia Sevilla and Mrs. Mariquita V. Adriano.

Luncheon and Dinner

Menus

by

Singalong-San Andres
WOMEN'S CLUB

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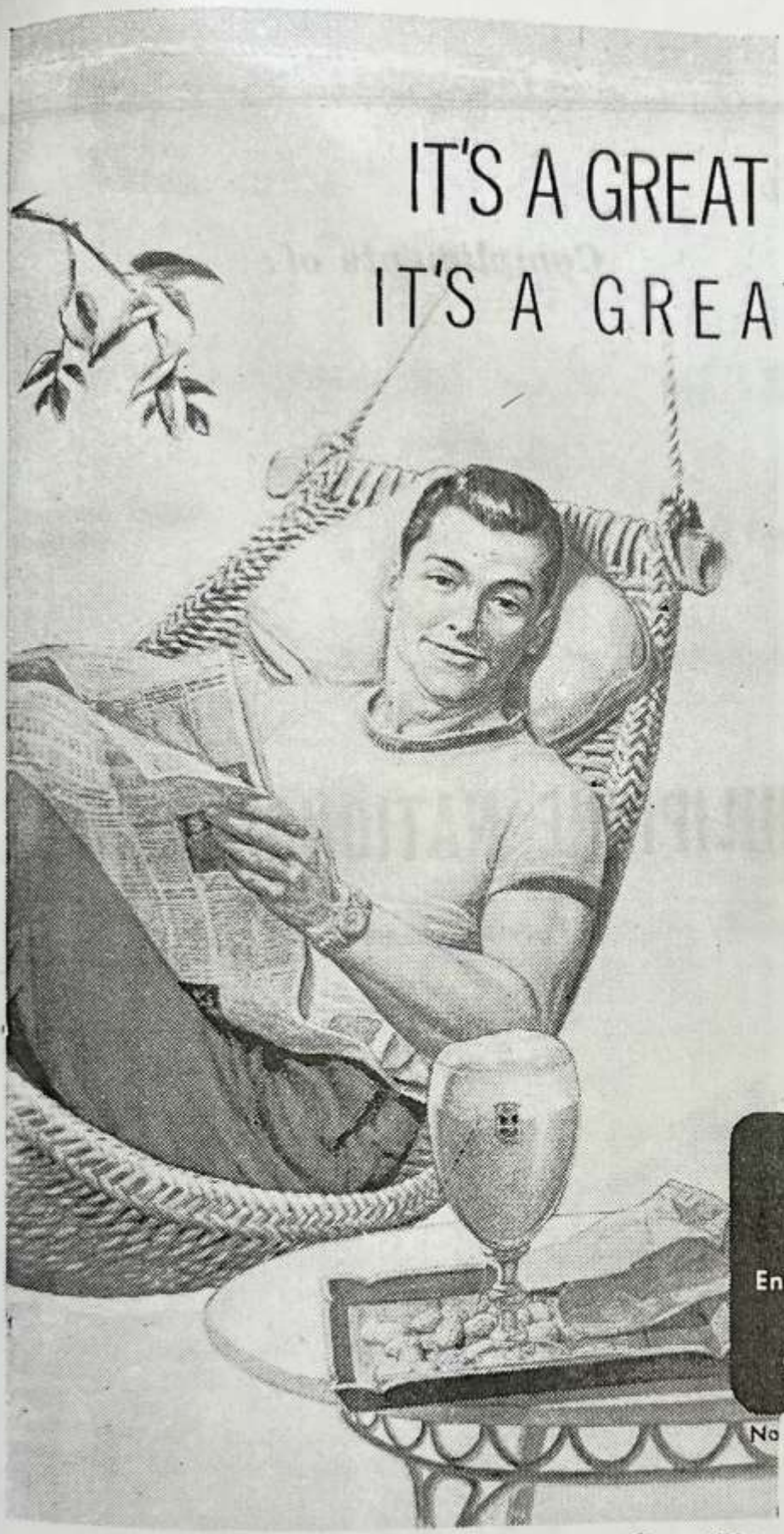
IT'S A GREAT IDEA!
IT'S A GREAT BEER!



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MENU NO. I

LUNCHEON

Meat Ball Curry
Crab-Stuffed Eggs in Tomato Sauce
Green Mango with Bagoong Alamang
Dessert — Kaong with thick syrup

DINNER

Eggplant Omelet
Embotido
Dessert — Guava Sweet

Submitted by:

Mrs. FORTUNATA ALICANTE

MARKET ORDER

Papaya
Mongo
Ginger
Milk and sugar
Eggs
Ground pork
Curry powder
Soy sauce
Cornstarch
Unto sinsal or empilla
Fresh shrimp
Onions and garlic
Pepper
Sugar
Turnips
Eggplant
Ripe guavas
Kaong

LUNCHEON

Meat Ball Curry

1 kilo ground pork
2 chopped onions
2 whole eggs
2 tbsp. butter
3 tbsp. curry powder
4 cups broth
3 tbsp. flour
1 tsp. pounded garlic

Meat balls; mix together hamburger, half the chopped onions and two eggs. Add salt and pepper to taste. Form the meat into balls and brown in a frying pan. Set aside.

Curry sauce; brown the chopped garlic in a little fat, then add the remaining chopped onions and cook until tender. Mix the flour and curry powder in the broth and stir to avoid lumps. Add this to the fried onions and cook to thicken. Arrange the meat balls in a baking dish and pour over the curry sauce. Bake in a moderate oven.

Crab-Stuffed Eggs In Tomato Sauce

4 hard-cooked eggs
1 tbsp. mayonnaise
½ tsp. salt
1 tsp. lemon or kalamansi juice
1 cup fresh cooked crab meat
2 slices bread, quartered and toasted
¼ cup sharp grated cheese

Remove shells from egg and cut in half lengthwise. Carefully remove yolks and press through a sieve. Add mayonnaise, milk, salt and lemon juice to sieved yolks and blend thoroughly. Add crab meat. Lightly heap crab mixture back into egg whites and place on slices of toast arranged in a single layer in a pyrex baking dish. Pour tomato sauce over all. Sprinkle with cheese and bake in a moderate oven (375°F) for 15-20 minutes.

Dessert — Kaong With Thick Syrup

2 cups Kaong
1½ cups sugar
Grated lemon rind
½ cup water

Wash the kaong very well and pour boiling water over it to remove the sour smell. Boil sugar and water until thick. Add kaong and boil for few minutes with lemon rind.

DINNER

Eggplant Omelet

4 large eggplants
5 tbsp. lard
2 segments garlic (minced)
1 small onion (chopped)
Salt and pepper
2 medium tomatoes (chopped)
¼ kilo ground pork
2 eggs beaten
¼ cup bread crumbs

Broil the eggplants, remove skin leaving the stem intact. Set aside. To prepare the filling: Saute garlic, onion, tomatoes and ground pork. Season with salt and pepper. When done remove from fire. To fill the eggplant, slit lengthwise, and put in well-beaten eggs and bread crumbs and fry. Serve hot.

Embotido

1 kilo ground pork
1 cup turnip, chopped
1 big onion, chopped
1 head garlic, finely minced
½ cup raw shrimps, chopped
1 tbsp. salt
2 eggs, whole.
1 tbsp. sugar
1 tbsp. soy sauce
4 tbsps. spring onions, chopped
Pepper to taste
1 cup cornstarch
Unto sinsal

Peel and chop turnip; set aside. Put the ground pork, turnip, onion, garlic, sugar, shrimps, soy sauce and the chopped spring onions together in a deep mixing bowl.

Season with salt and pepper to taste; add whole eggs and cornstarch. Then proceed to mix with your hand all ingredients together till thoroughly blended.

Spread unto sinsal on top of the chopping board. Put about a tablespoonful of meat mixture on unto sinsal and roll into long, thin rolls. Cut off and set them aside. Heat the lard in a skillet till it is very hot; dip the long, thin rolls in egg-cornstarch batter and fry till golden brown. Serve this yummy dish with favorite sauce.

Dessert — Guava Sweet

10 ripe guavas
1½ cups sugar
1 cup water

Peel guavas. Cut into four sections lengthwise and remove the seeds. Boil in 1 cup water until they wilt. Remove water and put on a colander. Make thick syrup and cook the guavas until tender.

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MENU NO. II

LUNCHEON

Meat Loaf
Rice Savoury

Piquant Egg Salad
Dessert — Mango Jam

DINNER

Stuffed Bangus
Tofu Balls with Sweet Sour Sauce

Dessert — Deluxe Bread Pudding

Submitted by:

Mrs. MARIA ARO

MARKET ORDER

Bread crumbs
Ground beef or pork
Milk, eggs, onions
Pickles
Mustard
Mashed tofu

Fish Bangus
Raisins
Peas

Potatoes
Kinchay
Margarine
Bananas
Tomatoes in can
Dried herbs

LUNCHEON

Meat Loaf

1½ cups dry white bread crumbs (4½ slices)
⅔ cup milk
¼ cup tomato juice
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon grated onion
2 eggs, beaten
2 cups ground beef or pork (½ kilo)

Combine bread crumbs, milk, tomato juice, salt, pepper, onion and eggs. Add meat and mix well. Bake in a greased loafpan in a moderate oven or cook in steam until done. Decorate top with stripes using chopped yolk and whites of hard-cooked eggs and red pimiento.

Rice Savoury

1 large onion
2 oz. lard or cooking fat
½ lb. rice
1 small tin tomatoes
1 teaspoon dried herbs
Salt
Pepper
1 pint water
4 bananas
1 oz. butter or margarine

Peel and chop onion finely, then fry gently in melted fat until soft, add washed rice, tinned tomatoes, herbs, seasoning and water. Simmer, stir-

ring occasionally, for about 25 minutes or until rice is soft and mixture creamy.

Peel, halve and fry bananas in the melted butter or margarine. Pile the hot rice mixture on a serving dish and top it with the fried banana halves.

Piquant Egg Salad

8 hard-cooked eggs, chilled
¼ cup small pickled onions
¼ cup chopped sweet gherkin pickles
½ cup salad dressing
1 tsp. prepared mustard
Salad greens

Cut the eggs in large chunks. Mix lightly with remaining ingredients, except greens. Serve on greens.

Dessert — Mango Jam

DINNER

Stuffed Bañgus

1 bañgus
3 finely chopped tomatoes
1 small potato cut into cubes and fried
1 finely chopped onion
2 eggs
2 sections garlic
1 tsp. salt
1 small can peas
1 small box raisin
Salt and pepper

Clean the fish taking care not to cut the skin. Roll the fish on the table pressing on it to soften the meat. Cut through on the back and remove backbone. Scrape the meat with a spoon or knife. Soak skin in a mixture of toyo and calamansi with pepper. Set aside. Boil bangus flesh in salt water for 3 minutes. Cook and flake removing all fine bones. Saute garlic, onions and tomatoes. Add flake fish and seasoning and cover. Remove from fire and add one tablespoon butter or margarine, raisins, potatoes and the beaten eggs. Mix thoroughly. Stuff the fish skin with this mixture and sew the opening. Rub outside with flour and fry in deep hot fat.

Tofu Balls

1 cup tofu, mashed
2 cloves garlic, crushed
1 medium onion, finely chopped
¼ cup green onions, finely cut
¼ cup kinchay, finely chopped
1½ tablespoons toyo
1 teaspoon salt
1 egg, beaten
4 tablespoons cornstarch
1 cup fat

Mix all ingredients together except fat. Form into small balls and fry in hot fat until golden brown. Serve with sweet-sour sauce.

Sweet-Sour Sauce

2 tablespoons vinegar
2 tablespoons sugar
1½ tablespoons toyo
1 cup water
1 tablespoon flour or cornstarch

Combine vinegar, sugar and toyo. Bring to a boil. Add dissolved flour or cornstarch and stir until mixture thickens. Cook over low fire for 1 minute.

DESSERT

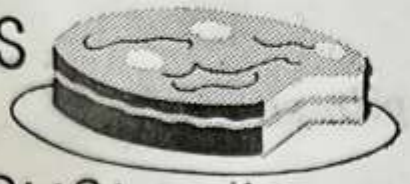
Deluxe Bread Pudding

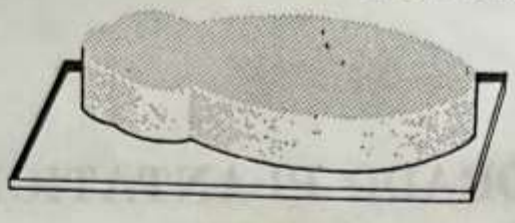
2 cups slightly toasted bread cubes (or cubed leftover toast)
2½ cups milk
2 tbsp. butter
¼ tsp. salt
⅓ cup sugar
1 tsp. vanilla
2 whole eggs and 1 extra yolk
1 egg white
2 tbsp. sugar
½ cup strawberry preserve

Put bread cubes in bottom of buttered casserole. Heat milk with butter, salt and ⅓ cup sugar until butter is melted; add vanilla and stir into beaten eggs and extra yolk. Pour over bread cubes. Set casserole in shallow pan of hot water and bake in moderate oven. Spread preserve over top. Beat egg whites until stiff, gradually adding 2 tablespoons sugar while continuing to beat until stiff. Spread merengue on top of preserve or make a border of merengue leaving the center uncovered to show preserves and return to oven for 10 minutes until merengue is delicately toasted.

You get tastier

cakes and custards





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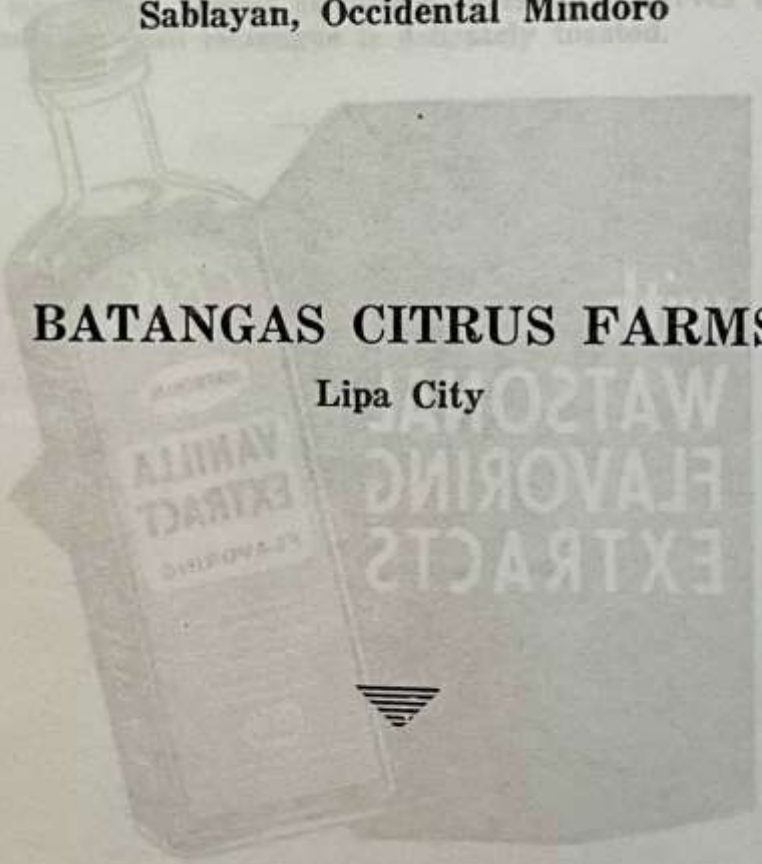

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MENU NO. III

LUNCHEON

Fideos Soup
Arroz Cubana

Fish Fritters
Dessert — Ice Cream

DINNER

Asparagus Soup
Chicken Adobo with Pork

String Beans Salad
Mango

Submitted by:

Mrs. AMPARO BUENVIAJE

MARKET ORDER

Papaya
Eggs
Ham
Bread
Chocolate or coffee
Fideos
Onions
Garlic
Eggplant

Pork, 1 kilo
Vinegar
String beans ½ kilo
2 potatoes
Cabbage
Saba banana
Chopped pork
Fish
Lard
Pepper

Parsley
Chicken
1 can asparagus
Milk
8 small ripe tomatoes
Marinade
Mayonnaise
Ice

LUNCHEON

Fideos Soup

Chicken broth
1 small bundle fideos

Onion
Garlic

Saute the garlic till it is light brown and then add the chopped onion stirring the mixture till it is cooked but not brown. Add the chicken broth. Season the mixture with salt and cool it 20 minutes. Then add the fideos. Serve it hot.

Arroz Cubana

Lard
2 cloves garlic
1 onion sliced
1 large tomato chopped
1½ kilos ground pork

5 bananas saba, halved lengthwise and fried
5 eggplant fried
6 cups cooked rice
6 eggs fried

Saute garlic, onions and tomatoes. Add pork and salt and mix well. Add enough stock to moisten, cover and continue cooking until almost done. Place meat on center of platter and arrange bananas, eggplant and fried eggs on one side. On the other side place mounds of rice.

Fish Fritters

1 lb. small fish
3 eggs separated
3 tbsps. flour
½ tsp. salt
⅛ tsp. pepper
⅛ tsp. minced garlic
1 tbsp. minced parsley

Cook fish, remove skin and bones and mash. Beat egg yolks until light and thick, then add flour, salt, pepper, garlic, parsley and fish. White of eggs beaten until stiff. Drop by tablespoons into hot deep fat and fry until brown. Serve with drained diced pineapple and tomato ketchup or tartar sauce.

DINNER

Asparagus Soup

3 cups white soup stock
1 cup asparagus
4 tablespoons flour
4 tablespoons butter
1 pint milk
1 slice onion
Salt and pepper

Drain the asparagus. Reserve tips and put stalks into soup. Add onion and cook until stalks are tender. Blend the butter and flour. Add salt, pepper, milk and asparagus tips. Serve very hot. A dash of paprika may also be added.

Chicken Adobo With Pork

1 regular size chicken cut into pieces
1 kilo pork cut into pieces
2 heads garlic
2 tsp. black pepper ground
2 tbsps. lard
1 cup vinegar
4 cups water
Salt

Place the pork and chicken in a saucepan. Add vinegar, garlic, pepper, salt and water. Cover the saucepan and cool slowly until most of the broth has evaporated and only ½ cup remains. Drain, separate the pieces of garlic from the pork and chicken and fry in lard until brown. Add the broth and let simmer for about 5 minutes. Serve hot.

String Beans Salad

½ kilo string beans
2 hard boiled eggs
2 potatoes
2 cups shredded cabbage
8 small ripe tomatoes
1 medium onion chopped
1 cup marinade
¼ cup mayonnaise

Boil whole string beans and potatoes in a small amount of salted water until done. Cut the string beans into 1 inch lengths. Pare potatoes and dice Slice the tomatoes, remove the seeds and dice.

Combine the string beans, potatoes, cabbage, tomatoes and onions in a large mixing bowl. Add the marinade and let stand for 5 minutes. Drain the vegetables in a colander. Then return to bowl. Add mayonnaise and mix thoroughly. Chill.

MENU NO. IV

LUNCHEON

Pancit Miki
Bañgus Sinigang with Mustasa Leaves
Pechay Baguio with Sliced Pineapple
Dessert — Macapuno Preserve

DINNER

Leftover Bread Soup
Fried Lean Pork with Toyo
Carne Asada
Dessert — Gulaman with Crushed Pineapple

Submitted by:

Mrs. AZUCENA BRILLANTES
Secretary

MARKET ORDER

Papaya
Eggs
Bacon
Flour
Cuchay
Achuete
1 spring chicken
Shrimps
¼ kilo pork
Mustasa leaves
1 medium size bañgus
Camias
Misu
Tomatoes
Onions
Garlic
½ kilo lean pork
½ kilo tenderloin
Toyo
Vetsin
Sugar
Mafran
Potatoes
1 piece native gulaman
Crushed pineapple
Sliced pineapple
Condensed milk
Pechay Baguio

LUNCHEON

Pancit Miki

1 spring chicken
¼ kilo pork
1 cup peeled shrimps
2 spoons crushed garlic
Cuchay
Patis to taste
2 tablespoons achuete
2 cups flour
2 eggs

Sift the flour, add the eggs and knead with the fingers. Add water little by little until the dough becomes very smooth and fine. Roll out on a floured board to thin sheets about the thickness of paper. Cut into strips.

Prepare the following:

1 boiled chicken diced
1 cup boiled, sliced shrimps
1 cup pork sliced thinly
2 tablespoons crushed garlic
¼ cup chopped cuchay
15 cups chicken broth
2 cups shrimp broth
Patis to taste
Achuete to color

Fry the pork. When the fat comes out, fry the garlic. Add the shrimps and the diced chicken. Add patis and cook a few minutes. Then add the chicken broth and shrimp broth and let it boil for a few minutes. When ready to serve drop the flour mixture (Miki) in the soup and boil for some more minutes until the dough is cooked. Then drop the cuchay and serve hot.

Bañgus Sinigang With Mustasa Leaves

1 medium size bañgus
5 centavos - Mustasa leaves
10 centavos - Misu
Camias
Patis
Tomatoes
1 Onion
Garlic
Rice Water

Cut the bañgus into desired sizes. Sprinkle with salt. Set aside. Fry 3 segments of garlic. Add onion and tomatoes. Add the misu and mix well. Then put the bañgus and add a spoonful of patis. Then add the rice water. Let it boil until the bañgus is almost done. Add the camias; when tender remove the camias and pass through a strainer and press well. Add the camias to the mixture. Cut the mustasa into pieces and add. Serve hot.

Pechay Salad With Pineapple

1 bunch pechay Baguio **1 small can sliced pineapple**

Wash well the pechay and cut them into 1 inch pieces. Dice the pineapple and mix with pechay. Add the juice of the pineapple and put in the refrigerator. Serve cold.

DINNER

Bread Soup

Leftover bread
2 eggs
Garlic
Vetsin

Cut the bread into cubes. Fry in hot lard until a little bit brown. Set aside. Fry 1 spoonful crushed garlic. When brown remove the garlic and put 3 to 4 cups of water. When it boils, drop the fried bread. After a few minutes stir in 1 tablespoon of vetsin and add the beaten eggs. Serve hot.

Fried Lean Pork With Toyo

½ kilo lean pork (lomo)
1 cup toyo
4 tablespoons sugar
1 tablespoon vetsin
2 tablespoons mafran

Cut the meat into thin slices. Let it simmer into the mixture of toyo, sugar, vetsin and mafran for 1 hour or more. Fry the meat in hot lard until brown but do not burn. When done pour the remaining juice and serve.

Carne Asada

½ kilo tenderloin
Toyo
2 medium size tomatoes
1 onion
3 potatoes
Calamansi

Slice the meat into desired size. Add 4 tablespoons toyo and juice of 5 calamansi. Mix well. Fry the meat until tender and add the leftover toyo

and calamansi sauce and let it simmer for 3 minutes. Then put into a platter. Cut 3 potatoes into halves and fry. Cut the onion and tomatoes crosswise into thin slices. Garnish the meat with the potatoes, onion and tomatoes.

Gulaman With Pineapple

1 piece gulaman (red)
1 small can crushed pineapple
1 cup sugar
½ cup condensed milk
1½ cups water

Boil the water. Add sugar. Wash the gulaman and drop into the sugar mixture. When the gulaman is dissolved remove from the fire and put the milk. Strain the mixture and pour into molding pan. Then stir in the crushed pineapple with the juice and place in the refrigerator until firm.

Mrs. Minerva Laudico, Pres., National Fed. of Women's Clubs, Inducting the New Officers of the Singalong-San Andres Women's Club. This is also a Valentine Celebration held at the home of Club Pres. N. Meer, Feb. 14, 1959.

MENU NO. V

LUNCHEON

Lumpia Frito
Tokua with Peas
Soybeans with Banana Flower and Coconut Milk
Dessert — Orange-Rice Mould

DINNER

Brown Beef Stew
Eggs and Cheese Scallop
Dessert — Custard Blanc Mange

Submitted by:

Mrs. PACITA L. CANUEL

MARKET ORDER

Ground pork
Shrimp
Apulid
Lumpia wrapper
Tokua
Beans
Achuete
Mushrooms
Sweet pepper
Coconut
Banana Flower
Beef brisket
Carrots
Potatoes
Cheese
Bay leaf
Eggs
Cornstarch
Vanilla
Sugar
Pepper
Paprika
Worcestershire sauce

LUNCHEON

Lumpia Frito

½ kilo ground pork
¼ kilo chopped shrimps
2 egg yolks
Chopped apulid
Mushrooms
Chives
Salt and pepper
Soy sauce
Lumpia wrapper

Mix ground pork, chopped shrimps, chopped apulid, mushroom, chives, salt and pepper, egg yolks and soy sauce. Wrap in lumpia wrapper into very small rolls and fry in deep, hot fat. Serve with sweet and sour sauce.

Sauce

3 tbsps. vinegar
1 tsp. oyster sauce
1 small sliced pepper
1 cup water
6 tbsps. sugar
½ tsp. salt
1 tbsp. catsup or tomato sauce

Mix vinegar, water sugar and salt. Pour in a pan, then add catsup or tomato sauce. When boiling, thicken the sauce with a little cornstarch diluted in water.

Tokua With Peas

5 cakes tokua
1 can beans
5 medium size tomatoes
1 onion
A few pepper corns
1 bay leaf
1 clove garlic
Achuete juice
Sweet pepper
Bread crumbs

Slice tokua diagonally. Fry in deep fat. When brown, remove fat. Saute garlic, onion, tomatoes, and achuete coloring. Add little water. Put tokua and bring to a boil. Add sliced sweet pepper, a few pepper corns and one bay leaf. If soup is thin, add bread crumbs or a little potato or camote.

Soybeans With Banana Flower And Coconut Milk

1 cup boiled soybeans
1 cup thin coconut milk
1 cup finely sliced banana flower
4 sections garlic
A small piece of sugar
2 tablespoons bagoong
½ cup coconut milk

Boil the thin coconut milk with bagoong, garlic and ginger. Slice the banana flower. Add this to the boiling coconut milk. Cook for 3 minutes. Add beans, then the thick coconut milk cream. Cook for 3 minutes longer.

DESSERT

Orange-Rice Mould

1⅓ cups water
½ tsp. salt
⅔ cup rice
1½ cups milk
¼ cup sugar
¼ tsp. vanilla
1 tsp. lemon juice
1½ tbsps. gelatin
¼ cup sugar
1 cup orange juice
½ cup cream or evaporated milk
Orange sauce

Orange Sauce

1½ cups milk
1 tsp. sugar
2 tbsps. cornflour
Rind and juice of 1 orange
1 egg
Pinch of Salt

Put the water, salt and rice into a saucepan, bring to a vigorous boil over high heat. Turn heat down. Cover and simmer 14 minutes. Stir in milk, cover and continue cooking over low heat 20 minutes, or until milk is absorbed. Stir in ¼ cup sugar the vanilla and lemon juice. Put gelatine, remaining ¼ cup sugar and the orange juice into a saucepan. Stir over medium heat to dissolve gelatine. Stir into rice mixture, let cool. Whip up cream (if using evaporated milk chill thoroughly otherwise if won't whip), fold into rice. Pour into a mould rinsed with cold water and chill until firm. Unmould and serve with orange sauce.

ORANGE SAUCE: Combine sugar and cornflour. Blend with a little of the milk. Add the egg-yolk. Put remainder of milk on to boil, pour on to blended ingredients. Return to heat and simmer, stirring constantly, until it boils and thickens. Add orange rind and juice and then fold in the egg-white beaten with salt until stiff.

DINNER

Brown Beef Stew

1 kilo beef brisket, cut in 1½ inch cubes
2 tbsps. fat
4 cups boiling water
1 tbsp. lemon juice
1 tsp. Worcestershire sauce
1 clove garlic
1 medium onion, sliced
1 to 2 bay leaves
1 tbsp. salt
1 tsp. sugar
½ tsp. pepper
½ tsp. paprika
Dash of allspice
6 carrots, quartered
½ kilo small onions, peeled

Thoroughly brown the meat on all sides in hot fat; add the boiling water, lemon juice, Worcestershire sauce, garlic, sliced onion, bay leaves, and seasonings. Cover and let simmer for 2 hours stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add carrots and onions. Cover and continue cooking for thirty minutes, or till vegetables are done. Remove the meat and vegetables and thicken liquid for gravy.

Eggs And Cheese Scallop

2 tbsps. butter
2 tbsps. flour
¾ tsp. salt
⅛ tsp. pepper
⅛ tsp. paprika
1 tsp. Worcestershire sauce
1½ cups milk
¾ cup grated cheddar cheese
3 cups fried potato chips
8 hard-cooked eggs, sliced

Melt the butter in a saucepan; blend in the flour and seasonings. Gradually add the milk, and cook, stirring, until thickened. Stir in grated cheese. Put about 1 cup of fried potato chips in a shallow baking dish. Put sliced hard-boiled eggs on chips. Cover with the sauce. Crush the remaining chips and sprinkle on top. Bake in a hot oven, 400°F., for about 20 minutes.

DESSERT

Custard Blanc Mange

½ cup sugar
7 tbsp. cornstarch
¼ tsp. salt
4 cups milk
1½ tsps. vanilla
2 eggs, well beaten

Mix sugar, cornstarch and salt in top of double boiler. Gradually add milk, mixing until smooth. Place over boiling water and cook, stirring constantly, until mixture thickens. Cover and continue cooking 10 minutes longer stirring occasionally. Remove from heat. Add vanilla, cool. Pour into serving dish and chill. Serve with fresh mango slices or bananas.

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MENU NO. VI

LUNCHEON

Chicken Curry with Boiled Rice
Sirloin-Tip Roast with Vegetables

Dessert — Banana Cherry Pie

DINNER

Braised Short Ribs
Egg Cutlets

Chutney Aspic
Dessert — Orange Fingers

Submitted by:

Mrs. CONCHITA VIAJE

MARKET ORDER

Chicken
Grated coconut
Ginger
Curry powder
Butter
Chocolate
Gelatin
Beef ribs
Beef sirloin
Potatoes, carrots
Onions
Flour
Bananas
Cherries
Crushed pineapple
Chutney
Eggs
Parsley
Milk
Margarine
Baking powder
Kitchen Bouquet
Worcester sauce

LUNCHEON

Chicken Curry With Boiled Rice

1 medium-size chicken, boiled and flaked
1 onion, sliced
1 clove garlic, macerated
1 can sweet peas
2 tsps. butter
1 coconut, grated
1 piece ginger
Salt and pepper to taste
1 tsp. curry powder

Extract the milk from the grated coconut to make 1 cup; set aside. Meanwhile, melt butter in skillet; add garlic and cook till brown. Next add onion, ginger juice which has been extracted from the piece of ginger and the flaked chicken meat. Sprinkle the curry powder and let simmer awhile. Season with salt and pepper to taste; cook for 5 minutes more. Next add coconut milk and remove from fire. Add sweet peas and serve with boiled rice.

Sirloin-Tip Roast With Vegetables

1 kilo sirloin-tip roast
Enriched flour
Salt and pepper
1 medium onion, sliced
2 bay leaves
1 clove garlic, minced
½ cup hot water
8 small onions, peeled
8 medium carrots, pared
8 small potatoes, pared

Sprinkle sirloin-tip roast lightly with flour and rub in. Brown slowly on all sides in a little hot fat in a deep skillet. Season with 2 teaspoons of salt and ¼ teaspoon pepper. Add sliced onion, bay leaves, garlic, and hot water. Cover and cook in moderate oven (350°F) for about 1½ hours, or till almost tender. Add vegetables and sprinkle with 1½ teaspoons salt. Cover and continue to cook for 1 hour more. Remove to a warm platter and serve with Pot-Roast Gravy.

DESSERT

Banana Cherry Pie

6 oz. shortcrust pastry
Filling:
1 lb. bananas
1 small tin cherries
½ pint vanilla or banana flavored custard

Line a pie plate with the rolled-out shortcrust pastry, trim and decorate edges, prick base lightly with fork. Bake in a hot oven (400°F — Regulo 6) for 10 minutes, then reduce heat to moderate (375°F — Regulo 4) and cook for a further 20 minutes or until pastry is golden brown. Leave to cool before putting in filling.

Arrange peeled and thickly sliced bananas in pastry case with the drained cherries. Pour over the cold custard and leave to set.

DINNER

Braised Short Ribs

1½ kilos beef short ribs
Enriched flour
Salt and pepper
½ cup hot water

Trim off the excess fat from the beef short ribs and heat fat in a skillet. Roll short ribs in flour and slowly brown all sides in the hot fat. When meat is thoroughly browned, spoon off fat. Sprinkle meat with salt and pepper to taste; add hot water, cover and let simmer till tender, about 2 hours (add more water if needed during cooking). Lift meat from the stock into a warm platter. Serve with onion gravy.

Onion Gravy

3 tbsps. fat
2 cups stock
4 cups sliced onions
3 tbsps. flour
1 tsp. Worcestershire sauce
½ tsp. Kitchen Bouquet
Salt and pepper to taste

Put fat in a skillet; add the sliced onions and cook till tender but not brown. Remove from heat; push onions to one side and blend in the flour into the fat. Slowly stir in meat stock. Return to heat and cook, stirring constantly, till gravy is bubbling all over. Add the Worcestershire sauce and Kitchen Bouquet. Season to taste with salt and pepper; continue cooking slowly for about 5 minutes more, stirring slowly for about 5 minutes more, stirring now and then. Pour over the Braised Short Ribs.

Egg Cutlets

4 tbsps. butter
1 medium onion, minced
4 cups soft bread crumbs
1 cup milk
8 hard-cooked eggs, chopped
1½ tsp. salt
¼ tsp. pepper
¼ cup chopped parsley

Melt the 2 tablespoons butter in a saucepan. Add onion and cook for 5 minutes. Add bread crumbs and milk. Cook over low heat, stirring for 2 minutes; or until thick and blended. Add the remaining ingredients; mix well. Cool. Shape into 8 flat patties, and brown on both sides in remaining butter. Serve with ketchup.

Chutney Aspic

2 pkgs. lime-flavored gelatin
2 cups boiling water
1½ cups unsweetened pineapple juice
2 cups crushed pineapple
1 cup chutney, finely chopped

Dissolve the two packages of gelatin in boiling water; add the rest of the liquids, crushed pineapple and the chutney. Let chill thoroughly until it begins to set; then stir to keep fruit from settling to the bottom. When thick, pour into molds and chill till firm. Serve garnished with salad greens.

Prawns Macao-Style

16 cooked prawns
Salt and pepper to taste
2 tbsps. butter
4 cloves garlic, chopped
1 green pepper, diced
2 large ripe tomatoes, quartered
1 cup black olives, pitted

Clean and shell the cooked prawns but do not remove the tails. Dust with salt and pepper and set aside.

Melt the butter in a large heavy skillet and fry prawns quickly on both sides. Remove and keep the prawns warm.

In the same butter, fry the garlic followed by green pepper and the ripe tomatoes. Reduce the heat and add the pitted black olives. Let simmer for 10 minutes. Correct the seasoning and add the fried prawns. Serve hot.

DESSERT

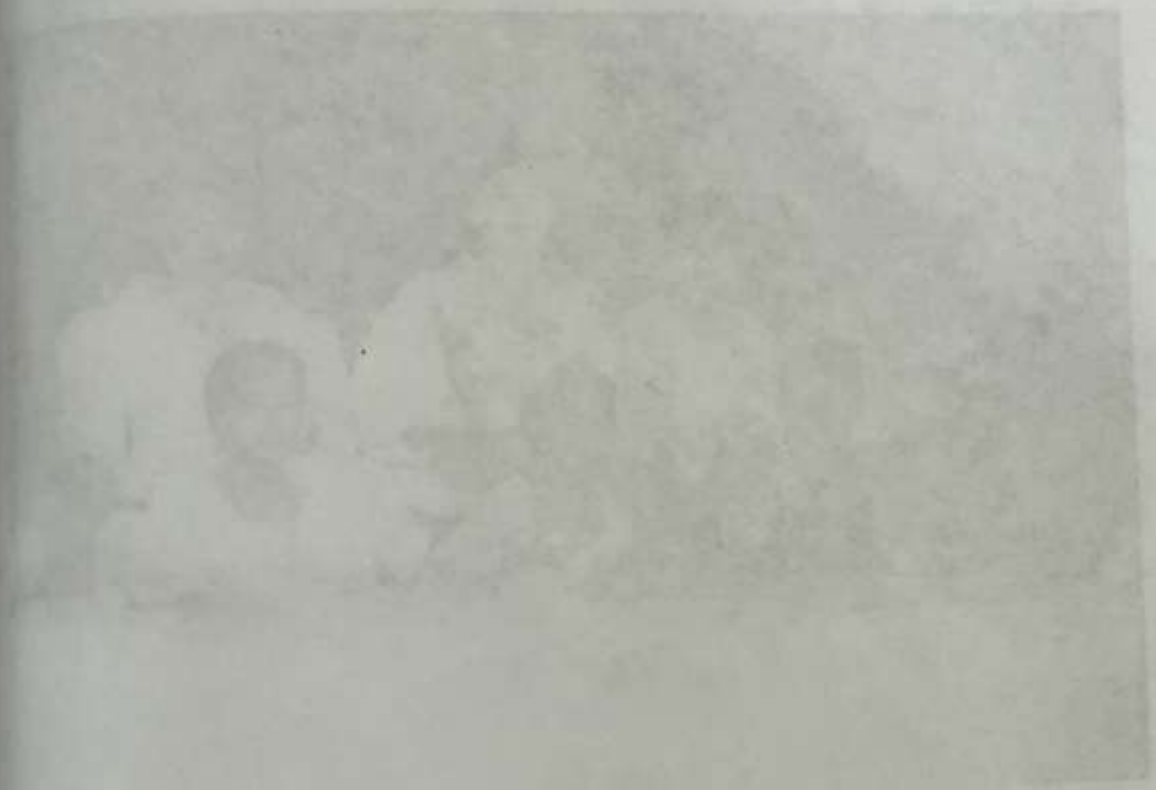
Orange Fingers

½ cup margarine
½ cup sugar
1 egg yolk
1 dstsp. grated orange rind
1½ cups plain flour
½ tsp. baking powder
⅛ tsp. mace
1 tbsp. orange juice
Chocolate icing:
2 cups sifted icing sugar
½ tbsp. top milk
Pinch of salt
½ tsp. vanilla
1 oz. dark chocolate

Cream together margarine and sugar, add egg-yolk and orange rind, beat well. Add sifted dry ingredients alternately with orange juice. Chill for several hours, or overnight. Roll small pieces of the dough into sticks about as thick as your little finger and 2 inches long. Roll in sugar and place on a greased oven tray, leaving space for spreading. Bake in a moderate

oven, 350°F gas, 400°F electric, 10-12 minutes (don't brown them too much). Remove to rack and cool. Dip ends in chocolate icing and sprinkle grated orange rind over the icing.

Icing: Combine icing sugar, milk, salt and vanilla, blend thoroughly. Melt chocolate over hot water, cool slightly and then blend into icing over hot water while dipping the biscuits.



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held at the Winter Garden
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October 1, 1959
Honor Guest, Mrs. Luz Magsaysay

Seated left to right: Mrs. Natividad R. Meer; Mrs. Luz Magsaysay; Mrs. Minerva Laudico; Mrs. Azucena Brillantes.

Standing: Mrs. Fortunata Alicante; Mrs. Consuelo Saludo; Mrs. Consorcia Leviste; Mrs. Pelagia Viray-Aguilar.

MENU NO. VII

LUNCHEON

Morcon
Fried Rice
Crab Meat or Shrimp Salad
Dessert — Glazed Squash

DINNER

Scalloped Corn
Liver Steak
Fish Pudding
Dessert — Pineapple Sweet Potatoes

Submitted by:

Mrs. AMALIA FERNANDEZ

MARKET ORDER

Atis	Crab or Shrimp	Liver
Pinipig	Squash	Fish
Chocolate	Fresh or canned corn	Pineapple
Meat for Morcon		Sweet potatoes

LUNCHEON

Morcon

½ kilo beef thinly sliced
2 eggs
2 segments garlic
2 pieces of ham
1 onion
1 cup tomato sauce
½ cup vinegar
12 olives
10 pepper corn
1 piece bay leaf
4 slices pork fat
2 sausages

Cut beef into long, thin slices and then pound them. Pound also garlic and pepper corn and add vinegar. Soak pounded slices of beef into the vinegar mixture for a while. Cut hard-boiled eggs into halves. Cut ham, sausage and fat into long, narrow strips and chop the olives. Spread beef on a wooden board. Arrange ham, pork fat and sausage in alternate rows. Place the egg and add the olives. Then roll and tie with string, fry in deep hot fat until brown. Add water, bay leaf, onions, tomatoes, salt and pepper corn and stew until tender. Add tomato sauce to stewing liquid.

Fried Rice

1 clove garlic (well pounded)
½ cup native onions (sliced thin)
1 cup tenderloin meat (cut fine)
4 Baguio pimiento (sliced into strips)
¼ cup tomato catchup
¼ cup lard
Salt to taste
4 cups newly cooked rice

Saute garlic in hot lard, when brown add meat and cook until meat is tender. Add pimiento, when tender add tomato catchup. Cook over slow fire. When ready to serve, add and mix thoroughly newly cooked rice.

Crab Meat Or Shrimp Salad

⅓ cup cold water
2 cups flaked crab meat or shrimp
⅔ cup tomato catchup
2 tbsps. lemon juice
3 tbsps. vinegar
1 tsp. salt
½ cup mayonnaise
Fresh tomatoes and lettuce
Leaves for garnishing
1 envelope plain gelatin

Soften gelatin in cold water and dissolve in hot water. Combine crab meat, catchup, lemon juice, vinegar and salt. Fold in mayonnaise and freeze. Serve with lettuce leaves and fresh tomatoes.

DESSERT

Glazed Squash

4 cups pared, cubed ripe squash
⅓ cup butter
½ tsp. salt
1½ tbsps. brown sugar
2 tbsps. lemon juice

Combine squash, butter, salt, brown sugar and lemon juice. Bake in shallow covered pan in hot oven for 30 minutes. Remove cover and cook longer until squash is tender.

DINNER

Scalloped Corn

3 cups green corn (fresh and tender)
2 eggs well beaten
½ tsp. salt
2 tbsps. butter
1 cup milk
¾ cup bread crumbs

Combine corn, eggs and salt. Place alternate layers of corn mixture and crumbs in greased baking dish. Dot each layer with butter. Pour in milk and bake in slow oven until brown on top.

Liver Steak

8 pcs. calf's liver thinly sliced
¼ cup ham finely chopped
Lard for frying
2 cloves garlic, macerated
1 potato
Bread crumbs

Season 8 thinly sliced pieces of calf's liver with salt and soak in oil for a while. Sprinkle with bread crumbs. Heat lard in which 2 sections of macerated garlic is browned; then fry in it slices of liver. When liver is brown, arrange them neatly on a platter surrounded with fried shoestring potatoes.

Blanch a large tomato and chop fine. Prepare ¼ cup finely chopped ham and cook in the same lard used for frying the liver. When ham is cooked, add the tomato and pour this gravy over the fried liver.

Fish Pudding

½ kilo tanguingui or bangus
1 big onion
3 slices of bread
1 can evaporated milk
2 tablespoons butter
Salt and pepper to taste and very little nutmeg

Boil fish together with kinchay, spring onion and enough water to cover till tender. Cut bread into about 2-cm. cubes. Scramble 2 eggs, add the milk and little salt and pepper and very little nutmeg. Soak bread cubes. Add chopped onion, butter and flaked fish in the milk mixture. Add broth of boiled fish. Put mixture in greased mold and bake in oven 350°F. for about 1½ hours.

DESSERT

Pineapple Sweet Potatoes

6 sweet potatoes
2 eggs, beaten
½ tsp. salt
½ tsp. pepper
1 cup brown sugar
1 or 2 pineapple chunks
½ cup butter or margarine

Boil sweet potatoes in water until soft. Drain well. Add eggs, salt and pepper to sweet potatoes and mash well. Drain the canned pineapple chunks thoroughly and reserve juice. Roll some of the potato mixture around each pineapple chunk to form a ball. Roll each ball in the cornflakes. Place in a greased shallow baking pan. Combine pineapple juice, brown sugar and butter in a saucepan and bring to a boil, stirring frequently. Lower heat to simmer and cook 5 minutes longer. Pour evenly over potato balls. Bake in a moderate oven 350°F. for 30 minutes.

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Mrs. GLORIA MUTUC TIANGCO — (*Prop. & Directress*)

MENU NO. VIII

LUNCHEON

Stuffed Flank Steaks
with Creole Sauce

Kintsay with Soybean
Cake and Shrimp
Dessert — Soybean Guinatan

DINNER

Paella
Banana Coconut Rolls

Dessert — Ice Cream

Submitted by:

Mrs. FELIPA FERNANDEZ

MARKET ORDER

Flank steak
Mushrooms
Tomatoes and Ketchup
Green Pepper
Shrimp
Tokwa
Kintsay

Bananas
Coconut shredded
Lime juice
Pork loin
Chicken

Crabs
Prawns
Clams
Olive oil
Sweet peas
Pimientos morones

LUNCHEON

Stuffed Flank Steaks With Creole Sauce

⅓ cup chopped onion
4 cups dry bread cubes
½ tsp. salt
Dash of pepper
2 flank steaks, scored
2 cups tomatoes
1 cup water
¼ cup chopped onion
¼ cup ketchup
½ cup chopped green pepper
1 cup sliced mushrooms

Cook the ⅓ cup chopped onion in a little hot fat till golden; add bread cubes and seasonings; toss in skillet till bread is lightly toasted. Spread stuffing over steaks and roll as for jelly roll; fasten with toothpicks. Lace meat roll with a piece of string. Roll in flour and brown on all sides in a little hot fat. Sprinkle with salt and pepper; add tomatoes, water, ¼ cup onion and ketchup. Cover and let simmer for 1¾ to 2 hours, or till tender. Add green pepper and mushrooms; cook for fifteen minutes more. Serve.

Kintsay With Soybean Cake And Shrimps

1 big bunch of kintsay
½ kilo of shrimps
2 pieces tokwa
1 tbsp. toyo
2 tbsps. lard
1 onion

Cut the kintsay into 1½ inch pieces. Cut the tokwa lengthwise. Then the onion. Peel the shrimps and cut lengthwise. Chop also the shells and the head, add water, and strain.

Fry the tokwa first, then add the onion, add the shrimps and the toyo. Cover and cook till the shrimps are done. Add the kintsay and cover again until little dry. Then add the water in which the pounded heads and shells of the shrimps have been soaked. Stir continuously. Cook for a few minutes and serve. Do not overcook the kintsay. Remove from the fire when it is half cooked.

DESSERT

Soybean Guinatan

¾ cup boiled soybeans
6 ripe guavas, peeled and sliced
1 medium size sweet potato cut into cubes
1 pinch salt
½ cup sugar
¼ cup coconut cream
1 cup coconut milk

Place the soybeans and guavas in a pan. Add the coconut milk. Boil 5 minutes. Add the sweet potato and cook 3 minutes longer. Add sugar, salt and coconut cream.

DINNER

Paella

¼ cup olive oil
1 tbsp. macerated garlic
½ kilo pork loin, cut into serving pieces
1 big chicken, cut into serving pieces
1 big onion, chopped
2 6-oz. cans tomato sauce
1 tbsp. paprika
Salt to taste
1 tbsp. monosodium glutamate
4-5 cups broth
2 pkgs. (14 oz.) rice
6 prawns
6 crabs, cooked
24 clams, cooked
1 6-oz. can sweet peas
1 4-oz. can pimientos morones

Heat olive oil in a flat skillet; saute garlic. Brown the pork pieces; then the chicken. Remove the garlic. Add the onion, tomato sauce, paprika, monosodium glutamate, and salt then blend well. Add the broth; let boil. Add the rice; combine well. When partially done, add the prawns, crabs, clams, sweet peas, pimiento on top decoratively. Cover. Continue cooking at medium heat till all the water has evaporated.

Banana Coconut Rolls

4 firm bananas
2 tbsps. melted butter or margarine
2 tbsps. lemon or lime juice
½ cup shredded coconut

Peel bananas and cut crosswise into halves. Place into a well-greased baking dish. Brush thoroughly with butter or margarine, then with lemon or lime juice. Sprinkle bananas with coconut. Bake in a moderate oven (375°F.) 15 to 20 minutes, or until coconut is browned and bananas are tender . . . easily pierced with a fork. Garnish with sliced pineapple or orange slices and serve hot.

Dessert — Ice Cream

12th Anniversary of the
Singalong-San Andres Women's Club Rigodon
held at the Winter Garden
Manila Hotel
October 1, 1959

MENU NO. IX

LUNCHEON

Cream Macaroni & Chicken Soup
Fish with Thousand Island Dressing
Lengua Estofoda

Native Fruit Salad
Dessert — Custard Pie

SUPPER

Vichyssoise (Puree de Patatas)
Tortilla de Cangrejo
Stuffed Squabs

Green Vegetable Salad
Dessert — Suspiros de Pili

Submitted by:

Mrs. LUZ LB. LAICO

MARKET ORDER

Fruits in Season or Fruit Juice
Longanizas, Eggs
Coffee or Chocolate
1 pkg. Macaroni
1 small chicken
1 large or medium White Talakitok or Red Lapu-Lapu
1 medium size Ox Tongue
4 Squabs
3 large Crabs, Shrimps
¼ kg. Ground Pork
3 slices Ham
6 Saba Bananas
8 Baguio Potatoes
1 bottle Wesson Oil

Pickles, Pimientos
1 bunch Celery, 3 Carrots
Onions, Garlic
1 Green Pepper, Calamansi
French Mustard, Ketchup
Potatoes, Cucumber
Leeks 3 stalks
Head Lettuce, Tomatoes
1 can Mushrooms
Vinegar, Sugar
Salt and Pepper, Vetsin
Shelled Pili, Oranges
Lard and Butter
Milk, Vanilla
Flour, Nutmeg

LUNCHEON

Cream Macaroni And Chicken Soup

1 cup Macaroni cut 1 inch pieces
8 cups chicken or meat broth
1 cup cooked chicken meat diced
Chicken gizzard, liver and blood, sliced
3 cloves garlic, 1 sliced onion
1 egg, 3 tbsps. milk, 2 tbsps. cornstarch
Salt and pepper and Vetsin to taste

Saute garlic, onions, cooked chicken meat, gizzard, and liver, and blood in a little butter or lard. Add chicken or meat broth and boil for 20 minutes. Add the Macaroni pieces and continue boiling until tender, then simmer for few minutes. Season with salt and pepper, Vetsin, and thicken with a little milk and cornstarch dissolved in cold water. Before serving, break one egg into it while stirring. Serve hot.

Fish With 1000 Island Dressing

1 large size Red Snapper (Lapu-Lapu) or White Talakitok
4 pcs. celery leaves
1 sliced onion
½ cup olive or Wesson oil
Salt and pepper

For 1000 Island Dressing:

2 eggs
2 cups Wesson oil
4 pcs. calamansi
2 tsp. salt
2 tsp. French mustard
2 tbsps. ketchup, and chili sauce
¼ cup chopped pickles (sweet mixed)
¼ cup chopped celery
¼ cup chopped carrots
2 tbsps. chopped pimientos
1 onion chopped
1 hard-boiled egg chopped
2 tbsp. chopped green pepper

Clean thoroughly 1 large or medium size fresh white Talakitok or Red Lapu-Lapu, rub with salt, place it whole in a pan with enough water to cook. Add ⅓ cup olive oil, celery leaves and onions to the broth and boil slowly until the fish is cooked, but not too soft. Let cool and place in a clean platter with fresh lettuce leaves and tomato slices around. Pour the 1000 island dressing on top of fish and garnish with chopped hard boiled egg and strips of red pimientos.

Thousand Island Dressing: Prepare mayonnaise by beating yolk of eggs in a bowl and gradually pouring Wesson oil until the mixture thickens. Season with salt and pepper, little sugar, and lemon juice, and French mustard. Put a little ketchup and chili sauce, then add to the mixture the chopped pickles, celery, carrots, green pepper and pimientos and onions. Season with salt or Vetsin.

Lengua Estofoda

1 ox tongue medium size
2 laurel leaves and pepper corns
1/3 cup vinegar
2 tbsps. brown sugar
2 tbsps. red wine
6 bananas saba
8 Baguio potatoes
Perrin Sauce, Wesson oil
Tomato Sauce, Toyo, Flour

Clean a medium size ox tongue and blanch in hot then cold water to remove the coating. Scrape the coating completely then boil it in water with vinegar. Discard this water after the first boiling. Change the water and add laurel leaves, pepper corns, 2 tbsps. toyo, 1 tbsp. vinegar, perrin sauce, tomato sauce, 1 tbsp. salt and 2 tbsps. brown sugar. Boil.

Brown the tongue in little oil then put into the boiling water and continue cooking until tender. When done, thicken the sauce with flour dissolved in water, and pour red wine. Let it simmer a few minutes more. Remove the tongue and slice into thin pieces. Place in hot platter, pour sauce on top, and garnish with fried bananas and fried potatoes.

Native Fruit Salad

6 Ripe Bananas Lacatan
3 Ripe Avocados
1 Piña
1 small pkg. marshmallows
2 tbsp. lemon juice
2 tbsp. butter
2 egg yolks
4 tbsps. sugar
½ pint whipping cream

Stir the egg yolks, lemon juice and sugar in a double boiler, add butter and cook until thick. Let cool. Cut the fruits into regular size cubes and mix with the sauce. Whip the cream until thick and fold into the mixture. Refrigerate.

DESSERT

Custard Pie

4 Eggs
1½ cup Sugar
1½ tsps. salt
3 cups Milk scalded
1 tsp. Vanilla
¼ tsp. Nutmeg

For Pastry:
2 cups Flour
1 tsp. salt
2/3 cup shortening
6 tbsp. cold water

Beat egg slightly, add sugar, salt. Slowly stir in the hot scalded milk, add vanilla, and then strain the mixture into the pastry shell. Sprinkle with nutmeg.

Pastry Shell:

Sift flour, measure, add salt and sift again. With 2 knives or pastry blender, cut the shortening into the flour until the mixture becomes coarse like the size of peas. Sprinkle ice water little at a time while pressing the mixture with a fork so as to form a flaky pastry. Press the dough lightly so as not to make it very wet or slippery. Wrap dough in wax paper and chill. After a while, roll out dough on floured board ¼ inch thick and place in a pie pan fitting loosely. Cut around and flute the sides. Chill for a while, then pour the custard to fill. Bake in moderate oven until custard is thick, and no longer sticks to the knife when cut. Brown the top.

DINNER

Vichyssoise (Purée de Patatas)

4 large Potatoes sliced
1 bunch leeks
1 stalk Celery
1 sliced Onion

2 cups Water
2 cups Chicken Broth
1 cup Cream
Finely shredded Carrots

Cook all four vegetables in water until soft and mushy. Add the chicken broth and boil. Season with salt and pepper, and Vetsin. Pass thru fine strainer and add the cream. Garnish with finely shredded carrots. May be served very cold in a bowl surrounded with ice.

Tortilla de Cangrejo

2 or 3 large Crabs
½ kg. Shrimps
3 cloves Garlic
1 sliced Onion
3 Eggs

1 Potato sliced
½ small Cabbage cut into 1 inch pieces
6 Mushrooms sliced
3 Apulid sliced

Saute garlic and onions, add the shrimps which have been peeled and cut into pieces. Cook well, then add the crabmeat and season with salt and pepper, little toyo and vetsin. Saute the vegetables separately in little lard for a few minutes, then add to the crab meat and shrimps. Wrap in beaten eggs like an omelet. Serve with sweet sour sauce, chili sauce.

Stuffed Squabs

4 Squabs
1 cup chopped Ham
1 cup chopped Pork Meat
2 Eggs
Salt and Pepper
½ can Mushrooms
2 tsp. Tomato Paste
2 tsp. Flour
2 tbsp. White Wine
2 tbsp. Hot Sherry

Rub 4 squabs with salt and pepper. Mix the ham, pork meat, egg-yolks and season with salt and pepper. Stuff the squabs with the mixture and sew. Brown them in hot butter and pour the hot sherry. Remove from the pan. To the hot butter add the mushrooms, then after a while put the tomato paste and flour and add chicken stock or broth. Pour white wine and stir, then let boil slowly. Put back the squabs to the sauce, add 1 bay leaf, seasoning and simmer until tender. Arrange the squabs on top of mashed potato nest and serve with the sauce separately.

Green Vegetable Salad

1 small Head Lettuce
1 small Cucumber
2 large Tomatoes
1 large Onion sliced
Curled strips of 1 Carrot
Young stalks of Celery
2 hard boiled Eggs

Wash well all the vegetables. Rub the wooden salad bowl with garlic, then arrange all the greens as desired. Cool in the refrigerator and before serving pour in 3 to 4 tbsps. French dressing made with 1 part vinegar to 3 parts oil then add ½ tsp. each of salt and sugar, and French mustard and pepper. Beat this mixture with a fork until it thickens a little, season then pour on the salad. Cut the hard boiled eggs into serrated halves and decorate on top of salad.

DESSERT

Suspiros de Pili

1 cup ground cooked pili
½ cup sugar
¼ cup milk
½ cup orange marmalade
3 beaten eggs

Mix all above ingredients and cook over slow fire stirring continuously until mixture thickens and appears glossy. Spread on a sugared board and cut into molds. Wrap in white or colored cellophane papers.

SLIMNASTICS CLASS OR FOLK DANCING PROVIDING A NUMBER AT CLUB'S PARTY HELD AT MRS. LUZ LAICO'S RESIDENCE. From left seated: Mesdames M. Tirona, L. Laico, M. Adriano, N. Meer, F. Alicante, Z. Sevilla. Standing: Mesdames M. Comcom, C. Castillo, J. Torres, H. Hilado, N. Pilares, M. Amante, C. Donato, M. Millar and T. Guevarra, Dec. 2, 1959.

MENU NO. X

LUNCHEON

Chicken Asparagus Soup
Prawns Thermidor
Pastel de Agachonas (Snipes)
Stuffed Tomato Salad with Crab Flakes
Dessert — Fruit Ring Mold with Cream Sauce

DINNER

Fresh Vegetable Soup
Fillet of Sole with White Wine Sauce
Pork Lumpia Frito
Shrimp Chop Suey
Dessert — Cake a la Mode

Submitted by:

Mrs. LUZ LB. LAICO

MARKET ORDER

Fruits in Season or Fruit Juice
Ham and Potatoes
Tinapang Bañgus
1 Chicken
1 can Asparagus
1 kg. Large Prawns
6 Snipes or Agachonas
3 large Crabs
8 large Tomatoes
1 Head Lettuce
1 kg. Fish Filet
1 kg. Ground Pork
1 kg. Shrimps
3 pcs. Cincamas
30 pcs. Lumpia Wrapper
½ kg. Shrimps
10 Chinese Mushrooms
10 Apulid
1 small can Vienna Sausage
6 Baguio Potatoes
2 pcs. Bilbao Sausage
1 Patola
1 small Cabbage
4 Carrots
1 bunch Celery
Kinchay, Wanchuy
4 pcs. red and white Gulaman
1 small can Fruit Cocktail
1 can Milk
6 Calamansi
Sugar
Onions
Sweet Peas
Green Olives
Cheese
White Wine

LUNCHEON

Chicken Asparagus Soup

1 Chicken Breast
1 small can Asparagus Tips
Chicken Broth
Vetsin, salt, cornstarch
Eggs

Slice chicken breast into very thin pieces. Dredge in a little cornstarch and eggwhites, then drop each piece into the boiling chicken broth. Let boil for some time, then put down to simmer. Add white of eggs mixed with a little diluted cornstarch and stir. Season with salt and vetsin, then add the asparagus cut into 1 inch pieces, together with the asparagus stock. Serve hot.

Prawns Thermidor

1 or 2 kgs. large Prawns
4 tbs. Butter
2 tbs. chopped Mushrooms
1 tbs. chopped Onions
1 tbs. chopped Celery
4 tbs. Flour
1½ cup Milk
2 Eggyolks beaten
1 cup grated Cheese
1 tbs. Lemon Juice
½ cup buttered crumbs
4 tbs. Sherry

Clean prawns thoroughly. Cut the back lengthwise and open into halves without separating. Boil for a few minutes in a little water. Remove the meat and cut into small pieces. Leave the shells straight and open for refilling.

Saute in hot butter the onions, mushrooms, and celery. Add the sliced meat and cook slowly until brown. Lower heat and add flour. Slowly add the milk while stirring and cook until the mixture thickens. Season with salt and pepper. Beat the eggyolks and add to the mixture little at a time. Add the grated cheese, lemon juice, and sherry.

Fill in the half shelves. Top with buttered bread crumbs, grated cheese, and a dash of paprika. Brown in a moderate oven or under the broiler.

Pastel de Agachonas
(Snipes)

6-8 Agachonas or Snipes
1 Bilbao Sausage
1 small can Vienna Sausage
1 Carrot
Green Olives
1 small can Mushrooms
6 Baguio Potatoes
1 can Sweet Peas
2 Onions
Grated Cheese
3 tbs. White Wine
Paprika
1 chopped Onion
Pounded Garlic

Dress the snipes thoroughly and clean inside and out. Keep them whole. Sprinkle with salt and pepper. Brown them slightly in hot oil or butter. Saute the pounded garlic, chopped onions, and add paprika. Pour broth or hot water and bring to a boil. Add the snipes, white wine, perrin sauce, or little toyo, little ketchup or tomato sauce, and simmer until tender. When half done, add the Bilbao Sausage, mushrooms, carrots, potatoes, and vienna sausage. Cook until the vegetables are done then add the grated cheese, salt and pepper. Add the sweet peas, and arrange on a pyrex dish. Garnish with the olives and hard boiled egg, and cover with a pie crust. Brush the crust with beaten egg yolk mixed with little melted butter, and bake in a hot oven until golden brown.

Pie Crust

2 cups Flour
2/3 cup Shortening
1 tsp. Salt
Ice Water, 6 tbsp.

Sift flour, measure, add salt and sift again. Cut the shortening into the flour with a pastry blender or 2 knives until you form a coarse mixture with particles, size of peas. Add ice water little at a time while kneading to form a soft dough, not too wet and not too hard. Don't over knead. Roll on a floured board about 6 in. thick and fold over top of dish, allowing 1 in. on all sides. Trim the edges.

Stuffed Tomato Salad With Crab Flakes

6 American Tomatoes
2 cups Crab Meat
3 tbs. chopped Sweet Pickles
3 tbs. chopped Carrots
½ chopped Onion
Head Lettuce
1 cup chopped Celery
2 cups Mayonnaise
1 chopped hard boiled egg
Lemon juice

Clean and wash the fresh tomatoes very well. Cut off the top and remove the pulp. Chill in the refrigerator. Mix the cooked crab meat, finely chopped celery, onions, pickles and carrots, and season with vetsin, salt and pepper, and a little lemon juice. Add the mayonnaise. Fill in the tomatoes with the mixture, top with more mayonnaise and sprinkle with hard boiled eggs. Decorate with sprigs of parsley. Arrange on fresh lettuce leaves.

DESSERT

Fruit Ring Mold With Cream Sauce

4 pcs. Gulaman bars (red and white)
1 can Fruit Cocktail
1 can Milk
Sugar
Lemon juice

Wash the bars of gulaman then boil in enough water and the fruit juice to dissolve and make a slightly thick solution. Add sugar to taste. Strain in a ring mold and allow to set partly. Add the fruits and cool in the refrigerator to completely harden. Unmold on a glass dish and pour the cream sauce inside the ring.

Cream Sauce: In a bowl, beat the cream or milk with sugar, gradually adding lemon juice while beating continuously until it thickens. Add sugar to taste.

DINNER

Fresh Vegetable Soup

1 cup diced potatoes
1 cup diced carrots
1 cup finely sliced Cabbage
1 cup sliced Celery
½ cup chopped Onions
1½ quarts Soup Stock
2 tbsp. sliced Bacon
2 tbsp. rice
2 tbsp. chopped green Onions

Cook bacon until almost crisp, add onions and cook until soft but not brown. Add the soup stock, bring to boil, then add the vegetables, potatoes, rice, and boil until done. Season with vetsin, salt and pepper, little ketchup and before serving, top with chopped chives.

Filet of Sole With White Wine Sauce

6 pieces fish filet of Sole or Pampano
¼ cup White Wine
¼ cup Milk
1 Bay Leaf
Pepper Corn
2 tbsp. Butter
3 tbsps. Flour
Cayene Pepper

Wash the filets very well, rub with lemon juice and wash again. Arrange on a baking dish and pour ¼ cup white wine, ¼ cup water, bay leaf,

salt and pepper corns. Bake in moderate heat for 15 minutes. When done place in hot platter and pour over with white wine sauce.

Wine Sauce: Melt the butter in a pan then stir in the flour, salt, and pepper. Mix gradually with the fish stock, white wine stirring until it thickens. Add the milk and while stirring bring to boil. Pour over fish and garnish with sliced sauted mushrooms, and fresh parsley.

Pork Lumpia Frito

½ kg. Ground Pork
½ kg. chopped Shrimps
½ cup chopped apulid (or sincamas)
2 Egg yolks
30 Lumpia Wrapper
3 tbs. chopped Mushrooms
3 tbs. chopped Onions
Sliced Chives

Mix all ingredients well, wet with egg yolks, season with salt and pepper and vetsin. Wrap in lumpia wrappers into small rolls closed at both ends. Fry in deep fat until golden brown.

Serve with sweet sour sauce; by mixing vinegar, water, little sugar, toyo to color, little salt. Bring to boil in a pan and add little tomato sauce. Thicken with cornstarch diluted in water. Add little pepper and ground garlic.

Shrimp Chop Suey

½ kg. large Shrimps
1 Patola sliced
3 stems Celery sliced
½ shredded Cabbage
2 sliced Carrots
10 Apulid sliced
10 Chinese Mushrooms, sliced
Kinchay
2 Onions, Garlic, Toyo
Cornstarch

Peel the shrimps and cut into halves lengthwise at the back. Wash and remove the black veins. Sprinkle with little salt. Saute in little lard, pounded garlic and onions until cooked. Add the sliced apulid, sliced mushrooms, onions cut into big pieces; and add little toyo or chop suey sauce.

Cook for a while then pour a little broth. Add the carrots, celery, then cabbage, and when half done add the patola. Season with salt and white pepper, add a little cornstarch diluted in water to thicken. Do not overcook the vegetables. They should be crisp, not mushy. Before serving, sprinkle pieces of kinchay and wansuy on top.

DESSERT

Cake a la Mode

Serve on individual dessert plates square pieces of any kind of cake and top with a scoop or two of ice cream, any flavor.

SLIMNASTICS CLASS PERFORMING THEIR ROUTINARY EXERCISES held at Mrs. L. Laico's garden. From left, front row: Mesdames N. Meer, L. Laico, M. Comcom, M. Millar, C. Castillo, Z. Sevilla, F. Alicante, C. Donato, M. Amante, N. Pilares, M. Adriano, J. Torres, T. Guevarra and B. Hilado, Dec. 2, 1959.

MENU NO. XI

LUNCHEON

Galantina
Potato Salad

Rich Roll
Dessert — Dulce de Yemas

DINNER

Fried Rice
Stuffed Peppers

Banana Waldorf Salad
Dessert — Jalea de Patani (p. 92)

Submitted by:
Mrs. ALICE LEVISTE

MARKET ORDER

1 chicken
Ground pork
Ham
Ox tongue
Sausage
Carrots
Eggs
Potatoes
Yeast
Margarine
Flour
Milk
Baguio pepper
Onion
Bananas
Walnuts or Casuy nuts

LUNCHEON

Galantina

1 large chicken
¾ kilo ground pork
½ lb. ham
½ lb. ox tongue
1 can sausage
1 can carrots
7 eggs
Flour
Pepper and salt

Bone the chicken, soak in toyo and calamansi. Place in the refrigerator. Mix the ground pork, ham, ox tongue, flour and eggs. Season with salt and pepper. Slice the chicken blood and sausage into 1 cm. strips.

Fill boned chicken with meat mixture, lay slices of sausages, chicken blood and carrots alternately on ground mixture. Place four hard-boiled eggs in a row. Roll chicken in cheese cloth and tie tightly to form uniform roll.

Steam for one and one-half hours in a carajay or steamer. Remove from fire and allow to cool in refrigerator for 24 hours. Remove string and just before serving slice and arrange on bed of parsley.

Potato Salad

6 peeled, cooked and diced potatoes
2 chopped hard-boiled eggs
4 diced bacon
1 finely chopped onion
1 oz. butter
4 tbsps. vinegar
1 beaten egg
Salt and pepper
Lettuce to serve

Lightly mix together in a bowl the potatoes and chopped hard-boiled eggs. Fry the diced bacon and onion in butter until they are brown. Stir into potato mixture.

Beat vinegar slowly, drop by drop, into beaten eggs, season to taste then stir into the mixture and serve either hot or cold with lettuce.

Rich Roll

2 cups all-purpose flour
3 eggs, beaten
1-2/3 tsps. active dry yeast
1½ tsps. salt
½ cup lukewarm water
1 cup scalded milk
½ cup margarine
¾ cup sugar

Combine the scalded milk, margarine, sugar and salt in a mixing bowl. Soften the yeast in the lukewarm water and stir well till dissolved. Combine yeast mixture with cooled milk mixture; add about half of the flour and the beaten eggs, and beat well. Add the remaining flour to make a soft dough. Knead for sometime and then let stand in a warm place till double in bulk. Knead again for about 2 minutes and roll out to ¼ inch thick. Brush with a little melted margarine and sprinkle with brown sugar. Roll as you would a jelly roll and then put roll onto a greased cookie sheet. Bake in moderate oven of 350°F. for from 20 to 30 minutes.

DINNER

Fried Rice

1 clove garlic
½ cup native onions (sliced thin)
1 cup tenderloin meat (cut raw into fine strips)
4 Baguio pimento (cut into strips)
¾ cup tomato catchup
¾ cup lard

Saute in hot lard the pounded garlic. When brown add meat and cook until tender. Add pimiento and when tender add tomato catchup and cook for about 15 minutes over slow fire.

When ready to serve add newly cooked rice and mix thoroughly and serve hot.

Stuffed Peppers

6 green Baguio peppers
4 slices bacon or salted pork chopped
1 cup chopped onions
2 cups ground ham
1 tsp. salt
½ tsp. paprika
2 cups cooked rice
½ cup water

Cut stem and top from each pepper and remove core and seeds. Saute bacon until brown. Add ham, salt, paprika and rice. Fill peppers with mixture and top each pepper with buttered bread crumbs and bake until golden brown.

Banana Waldorf Salad

1 large red apple, unpared
½ cup diced celery
¾ cup mayonnaise or salad dressing
2 ripe bananas
Lettuce
¼ to ½ cup walnut or pecan halves
Salad greens for garnish

Wash apple and remove core, dice into medium-size pieces. Combine apple, celery and mayonnaise or salad dressing. Peel bananas and slice crosswise into pieces about ¼-inch thick. Add lightly to apple mixture. Combine 2 or 3 crisp lettuce leaves to form a cup and arrange on each salad plate. Fill lettuce with salad mixture. Garnish salad with nuts and crisp salad greens. Makes 4 to 6 servings.

Important: This salad to be at its best, should be made not longer than 1 hour before serving.

MENU NO. XII

LUNCHEON

Morisqueta Tostada
Humba
Cucumber Salad
Dessert — Atis Sparkler (p. 83)

DINNER

Chicken Cashew
Franks with Eggs
Dessert — Buko Custard (p. 83)

Submitted by:
Mrs. MATILDE MARFORI

MARKET ORDER

Chicken
Crab
Green onions
Shrimp
Chorizo
Toyo, lard, garlic
Pig's Pata
Pork rib chop
Vinegar
Brown sugar
Oregano
Bay leaf
Bacon
Cashew nuts
Ginger
Cornstarch
Cucumber
Gelatin
Olives
Celery
Pepper corns

LUNCHEON

Morisqueta Tostada

2 bowls cooked enriched rice
¼ cup boiled chicken meat and pork
1 teaspoon garlic
1 tablespoon toyo
4 tablespoons lard
¼ cup crab meat (cooked)
2 tablespoons finely sliced green onion leaves
1 egg, well beaten
¼ cup shrimps (blanched)
1 piece Chinese chorizo (fried)

Cut pork into small cubes, mince the chicken and cook in a little lard and toyo. Cut shrimps, chorizo and crab meat into tiny cubes, also the onion leaves. Heat lard in a frying pan, add garlic and fry the rice. Then add part of the beaten eggs and lastly the rest of the ingredients reserving a part for the top garnish. Prepare a thin omelet egg and cut into thin strips. Place the fried rice and meat in a bowl. Sprinkle on top of this mound of rice the finely cut green onion leaves, a little fried shrimps and chorizo and the fine strips of omelet. Serve hot.

Humba

1 pig's feet (pata) cleaned and cut into pieces
½ kilo pork (rib chop)
Tajure (1 square)
3 cloves garlic
½ teaspoon pepper corn
1 stem oregano
1 bay leaf
½ cup vinegar (white)
½ cup brown sugar
3 tablespoons soy sauce
1 cup water

Soak "pata" and pork in the above ingredients for 3 hours. Cook in pressure cooker for 15 minutes, or in a boiler with cover. When meat is tender, serve in large platter with gravy in which the pata was cooked. Eight to ten servings.

Cucumber Salad

1½ envelopes unflavored gelatine
½ cup cold water
¼ cup dayap juice
1 cup mayonnaise
1 teaspoon prepared mustard
¼ teaspoon salt
¼ paprika
1 cup chopped, unpeeled cucumber
½ cup thinly sliced celery
¼ cup sliced stuffed green olives (optional)
2 teaspoons onion juice
1 cup chilled, evaporated milk whipped

Soften gelatin in cold water in saucepan. Add dayap juice. Heat and stir over medium heat till gelatin is dissolved. Stir well. Fold in whipped milk. Pour into a ring mold and chill until firm. Unmold. Decorate with fresh greens and fill with pink salmon chunks. Makes 8 to 10 servings.

DINNER

Chicken Cashew

2 chicken breasts, diced
½ cup cashew nuts
1 tsp. cornstarch
1 tsp. sugar
½ tsp. salt
½ tsp. ginger juice
1 stalk spring onion
1½ tsp. soy sauce
1 tsp. wine

Heat cooking oil till it smokes; then turn heat to low; fry cashew nuts till brown. Pour out oil leaving only about four tablespoons in the pan.

Mix diced chicken breasts with cornstarch, sugar and salt; fry till done together with the spring onion and ginger juice. Add soy sauce.

Next add the fried cashew nuts and mix all ingredients well. Remove from the fire and just before serving add one teaspoon wine.

Franks With Eggs

2 slices bacon cut up
1 onion, minced
½ lb. frankfurters, sliced
1 green pepper, cut in strips
6 stuffed olives, sliced
Salt and pepper to taste
Pinch of oregano
6 eggs
2 tbsps. milk

Cook cut up bacon till crisp. Add onion, and cook for 2 to 3 minutes. Add sliced frankfurters and green pepper strips; cook for 5 minutes. Stir in the olives, and seasonings. Beat the eggs with milk, and add to other ingredients. Cook until eggs are set, stirring frequently.

MENU NO. XIII

LUNCHEON

Embutido
Creamed Mushroom and Spinach

Dessert — Banana Fritters with Orange Sauce

DINNER

Baked Fish with Brown Sauce

Dessert — Strawberry Chiffon Pie

Submitted by:

Mrs. MARCELA MEER MILLAR

MARKET ORDER

Ground pork
Pickles
Chorizo de Bilbao
Untocensal or leaf lard
Margarine
Milk and flour
Nutmeg and eggs
Spinach
Carrots and cabbage
Chicken meat
Apahap or talakitok fish
White wine
Lemon or calamansi
Grated cheese
Butter, vinegar
Toyo sauce
Bananas
Gelatine

LUNCHEON

Embutido

1 kilo ground pork
1 tsp. salt
⅛ tsp. pepper
4 tbsps. flour
3 pieces slices pickles, chopped finely
1 chorizo de Bilbao, chopped
1 big-size leaf lard (untocensal)

Mix pork, salt, flour, eggs, and pickles. Take a big size untocensal and spread mixture to one inch thick. Arrange slices of pickles, eggs and chorizo de Bilbao in the center. Roll to 3 or 4 inches in diameter. Then wrap with cloth. Tie cloth at both ends. Boil in broth for 1 hour. Remove from wrapping. Set on baking pan and bake in moderate heat in an oven for 15 minutes. Place in a refrigerator. Slice and arrange on platter. Serve with potato salad on the sides.

Creamed Mushroom And Spinach

2 oz. margarine
1 oz. flour
¼ pint milk
Salt and pepper
4 oz. mushrooms
Pinch of grated nutmeg
1 hard-boiled egg
1 lb. spinach

Melt 1 oz. of the margarine in a saucepan. Add the flour and cook for 2 minutes. Mix in the milk gradually and season this sauce with salt and pepper to taste. Peel the mushrooms and chop them finely. Melt the remaining margarine in a frying pan and fry the mushrooms till golden brown. Stir them into the sauce with grated nutmeg. Remove the yolk from the egg and chop the white. Add the white to the sauce. Boil the spinach for 10 to 15 minutes in a very little salted water, then drain. Arrange the spinach in a border around a hot dish. Reheat the sauce and pour it into the center of the dish. Sprinkle the center with chopped yolk of the hard-boiled egg.

DESSERT

Banana Fritters With Orange Sauce

1 lb. bananas
1 tablespoon fat for frying
Batter:
2 oz. self-raising flour
Pinch salt
1 oz. sugar
1 egg
1 tablespoon melted fat
2 tablespoons milk

Orange Sauce:
4 oz. sugar
1 heaped dessertspoon cornflour
Pinch salt
Pinch powdered cinnamon
¼ pint boiling water
1 oz. butter
Grated rind ½ orange
Juice 1 large orange
2 teaspoons lemon juice

To make batter: sift flour with salt into bowl. Stir in sugar, hollow out center and drop in egg and melted fat. Use a wooden spoon to mix ingredients together, gradually drawing in flour from basin sides and adding milk to make a smooth batter.

Peel and cut bananas across diagonally, dip each in flour, then coat with batter and drain. Heat fat, then fry coated bananas about two at a time, turning once until golden brown for 4-6 minutes. Drain on crumpled kitchen paper. Serve hot with orange sauce poured over.

To make orange sauce: mix sugar, cornflour, salt and cinnamon together in bowl. Stir in the boiling water until mixture is smooth, then pour into pan and cook gently for two or three minutes. stirring until sauce is thick and smooth. Beat in butter, orange rind and juices. Bring to boil and serve hot.

DINNER

Baked Fish With Brown Sauce

1 med. apahap or talakitok
1 lemon or calamansi
1 crushed garlic
2 tbsps. white wine
2 tbsps. grated cheese
2 tbsps. butter
1 tbsp. toyo
2 tbsps. oil
1 tbsp. flour
2/3 cup stock
1 tbsp. vinegar

Clean fish and dredge with lemon and season with salt and pepper. Then place on baking dish, add the toyo, oil, stock (or plain water), wine, garlic, butter and cheese. Bake in moderate oven for 30 or 40 minutes. When done place fish on platter and pour the brown sauce with sliced sauted mushroom.

Brown Sauce

Strain sauce and thicken with flour and butter, add more stock or water if necessary and let it boil for a few minutes.

Egg Drop Soup

2 tbsps. cornstarch
6 cups broth
2 tbsps. soy sauce
3 tbsps. vinegar
¼ tsp. pepper
½ tsp. monosodium glutamate
½ cup chopped raw vegetables, like carrots, cabbage, etc.
1 cup chicken meat, chopped
3 eggs, well-beaten

In a large saucepan, mix the cornstarch with a small amount of cold broth. Add remaining broth and other ingredients, except the well beaten eggs. Bring soup to a boil, and let simmer until clear, stirring occasionally. Gradually stir in the well beaten eggs, letting eggs drop in a trickle. Add more seasoning to taste and serve at once.

DESSERT

Strawberry Chiffon Pie

1 envelope unflavored gelatine
¼ cup cold water
½ cup hot water
½ cup sugar
1 cup strawberry pulp and juice
¼ tsp. salt
2 egg whites
½ cup whipped cream
1 crumb pie crust (9 inch)

Soften gelatine in cold water and dissolve in the hot water. Add sugar, strawberry juice and pulp and salt, chill until mixture begins to thicken and then fold in whipped cream and the stiffly beaten egg whites to which remaining sugar has been added. Pour into baked pie shell and chill.

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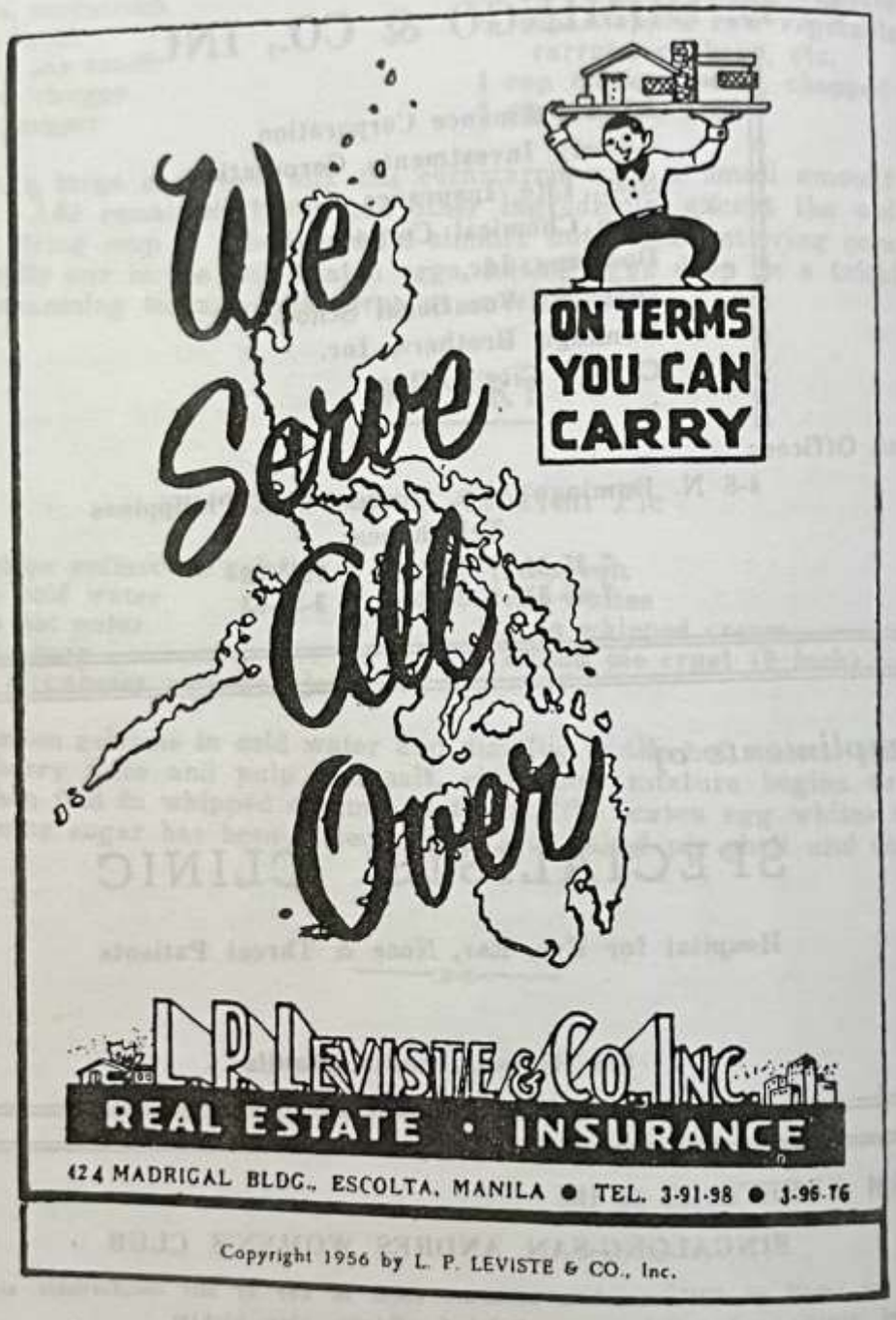
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MENU NO. XIV

LUNCHEON

Brain and Noodle Soup
Chicken Asado
Pineapple Salad
Gelatine Dessert

DINNER

Pearl Balls
Braised Pork and Eggs
Dessert — Santol Preserve

Submitted by:

Mrs. NATIVIDAD R. MEER

MARKET ORDER

Pork meat
Eggs
Hibi or dried shrimp
Apulid
Vetsin
Chinese wine
Onion leaves and kinchay
Malagkit rice
Noodle-fideos
Cows brain
Spring chicken
Tomatoes
Cabbage
Pineapple
Raisins

LUNCHEON

Brain And Noodle Soup

Chicken or meat broth
1 cows brain
Fideos
Garlic and onions

Saute with garlic and onions. Boil the broth and pour brain which has been cut into cubes together with the fideos for about 15 minutes. Season with patis. Serve hot.

Chicken Asado

1 regular size chicken
3 tbsps. soy sauce
4 regular size tomatoes
Kinchay and onion leaves worth five centavos
Black pepper

Put the whole dressed chicken in a casserole together with the sliced tomatoes, kinchay, onion leaves, pepper and toyo. Boil with two cups of water till tender. Remove from the sauce and fry the whole chicken in a dip hot lard until it gets brown. Pass the sauce in a strainer and boil with little cornstarch to make it thick. Cut the fried chicken into 4 pieces and pour the sauce before serving.

Cabbage Pineapple Salad

1 regular size cabbage
1 small box raisins
1 small can pineapple
Mayonnaise dressing

Slice the cabbage finely. Cut the pineapple into tiny pieces and mix the raisins all togetner. Season with mayonnaise. Refrigerate before serving.

DESSERT

Gelatine Dessert (p. 84)

DINNER

Pearl Balls

1 kilo ground pork meat
4 egg whites
20 pieces dried shrimp (Hibi)
4 apulid
4 tbsps. soy sauce
1 tsp. Chinese wine
1 tsp. vetsin
Onion leaves
2 cups sticky rice (malagkit)

Soak dried shrimps in wine and water until soft. Cut into small pieces and mix with the ground pork and the rest of the ingredients. Beat the egg whites before mixing. Make about forty balls and roll in the sticky rice. The rice should have been soaked in water for at least three hours before cooking. Cook in baño Maria or double boiler for about one hour.

Braised Pork And Eggs

1 kilo pork, all meat
6 tbsps. soy sauce
10 hard boiled eggs
3 tbsps. Chinese wine
2 tbsps. sugar
Canella and black pepper

Put the whole piece of pork in a boiler without cutting. Add the following ingredients; soy sauce, canella, pepper and wine. When half done, put the hard-boiled eggs, turn once in a while to give an even color. Cook for two hours. Put sugar before serving.

Dessert: Santol Preserve (p. 94)

MENU NO. XV

LUNCHEON

Putsero
Pescado en Blanco con Puree de Patatas

Dessert — Banana Pudding

DINNER

Stuffed Frankfurters with Spaghetti
Banana Bran Muffins

Dessert — Guava Jelly (p. 93)

MARKET ORDER

Beef
Chorizos
Potatoes
Onions
Kinchay
Saba bananas
Cabbage
String beans
Garbansos
Fish apahap
Milk
Butter
Spaghetti
Frankfurters
Tomato sauce
Baking powder
Bacon and cheese
Olives
Shortening
Flour
Eggs

Submitted by Mrs. CARMEN DONATO

LUNCHEON

Putsero

½ kilo beef, cut into serving pieces
2 chorizos (Bilbao)
1 small bunch green onions
2 stalks kintsay
½ small cabbage
2 potatoes, quartered
1 cup fresh string beans
3 bananas (saba) peeled
½ cup garbansos, soaked and cooked
5 tbsps. lard
2 segments garlic, crushed
1 medium onion, sliced
4 ripe tomatoes
Salt and pepper

Boil together beef, chorizo, green onions and kintsay. When the meat is tender, cook each leafy vegetable separately in the broth. Remove vegetables and set aside. Boil bananas and potatoes together and set aside. Saute garlic, onion and tomatoes. Add boiled meat and chorizo. Drop bananas, garbansos, potatoes and other vegetables. Season with salt to taste. Serve with squash-eggplant sauce made as follows:

Squash-Eggplant Sauce

¼ small squash, boiled and mashed
3 eggplants, boiled and mashed
2 segments garlic, minced
2 tbsps. vinegar
Salt, sugar, and pepper to taste

Mix all the ingredients and serve in separate relish dish.

Pescado En Blanco Con Puree De Patatas

2 cups water
1 large apahap
2 tbsps. chopped onions
1 cup milk
2 tbsps. butter
1 bay leaf
3 medium potatoes cut in quarters
1 tbsp. flour
Salt and pepper to taste

Place the clean fish in pan with onions, butter, water and potato. Cover with water, cook until the fish is cooked and the water almost dry. Pass the onions and potato through a fine sieve, add milk and return to the fire, after transferring the fish to a platter. Add flour and butter and cook over low fire until the sauce is medium thick. Season with salt and pepper and pour over the fish.

Banana Pudding

¾ cup sugar
1 tbsp. flour
¼ tsp. salt
2 cups milk
3 eggs, separated
1 tsp. vanilla
Vanilla wafers
6 bananas

Combine ½ cup sugar, flour and salt in top of double boiler; stir in milk. Cook over hot water, stirring constantly, until thickened. Cook, uncovered, 15 minutes more, stirring occasionally. Beat egg yolks; gradually stir in a little of the hot mixture. Return to rest of mixture in double boiler, cook 5 minutes, stirring constantly. Remove from heat; add vanilla. Line bottom of casserole with vanilla wafers; top with a layer of sliced bananas. Pour a portion of custard over the bananas. Continue to layer wafers, bananas and custard, ending with custard on top. Beat egg whites stiff, but not dry; gradually add remaining ¼ cup sugar and beat until mixture forms stiff peaks. Pile on top of pudding in casserole. Bake in hot oven (425°F.) 5 minutes, or until delicately browned. Serve warm or chilled. Serves 6 to 8.

DINNER

Stuffed Frankfurters With Spaghetti

1 pkg. spaghetti
6 pcs. frankfurters
1 can tomato sauce
1 big onion (sliced thin)
4 tbsps. grated cheese
2 slices bacon (cut into strips)
½ cup milk
6 long slices of bacon
6 strips cheese
12 strips sweet pickles
10 pcs. green olives
Salt and pepper to taste

Boil spaghetti in salted water for few minutes and drain. Cut frankfurters into halves and insert cheese and pickles. Fasten both ends with toothpick to hold and wrap each with the long slice of bacon.

Fry bacon that has been cut into small pieces in a frying pan until crisp. Add onion, tomatoes, grated cheese and milk. Season with pepper and salt to taste. Cook until it forms into thin sauce.

Transfer spaghetti into a pyrex plate and arrange the stuffed frankfurters on top of spaghetti. Pour over the prepared sauce and sprinkle with grated cheese on top. Bake in hot oven until golden brown.

Banana Bran Muffins

1 cup all-bran
¼ cup milk
1 cup mashed ripe bananas
1 egg
¼ cup soft shortening
1 cup sifted all purpose flour
2½ tsps. double-acting baking powder
½ tsp. salt
¼ cup sugar

Preheat oven to 400°F. (moderately hot).

Combine bran, milk and mashed bananas in mixing bowl. Add egg and shortening; beat well. Sift together flour, baking powder, salt and sugar. Add to first mixture, stirring only enough to dampen all flour. Do not beat or overmix. Fill greased muffin pans two-thirds full.

Bake 30 minutes or until cake tester, inserted in center, comes out clean and dry. Makes 12 medium muffins.

Dessert: Guava Jelly

MENU NO. XVI

LUNCHEON

Crown Roast of Pork
Fruit Salad
Tartletines
Dessert — Merengue (p. 109)

DINNER

Lengua con Setas
Singalong Salad
Dessert — Gulaman with Fruits (p. 13)

Submitted by Mrs. NORBERTA PILARES

MARKET ORDER

Pork
Papaya
Bananas
Naranghita
Raisins
Eggs
Butter
1 ox tongue
Mushroom
Carrots
Cucumber
Red and green pepper
Spare ribs
Cauliflower
Worcestershire sauce
Flour
Butter
Gulaman
Canned fruits

LUNCHEON

Crown Roast Of Pork

2 kilos spare-ribs (cut full-length to form a crown)
2 tbsps. vinegar
1 tsp. Worcestershire sauce
¼ tsp. pounded garlic
1 tsp. salt
1 whole boiled cauliflower

Clean spare-ribs and marinate whole in the mixture overnight. Place in roasting pan with bones down. Fill center with sweet potatoes cut into cubes and pineapples cut into pieces. Season with 2 tbsp. sugar, pepper and salt to taste. Bake in moderate oven until tender.

Place in platter with bones upward and decorate with paper frill over each bone.

Variety Fruit Salad

1 cup papaya balls
1 cup banana, sliced crosswise
1 cup naranghita, sectioned and peeled
½ cup seedless raisin
Fruit Salad Dressing

Sprinkle banana slices with calamansi juice to prevent discoloration. Arrange the fruits on salad platter and serve with fruit salad dressing prepared as follows:

3 tbsps. butter or fortified
2 tbsps flour
½ cup pineapple juice
2 to 3 tbsps. sugar
½ cup milk
2 egg yolks
¼ tsp. salt

Melt butter or margarine, blend in flour, add milk gradually and cook over direct heat, stirring constantly. Remove from heat; stir in remaining ingredients. Chill thoroughly in covered container before using.

Tartletines

Tart Shells

1½ cups flour
4 tbsps. butter
2 tbsps. shortening
Salt to taste and ice water to moisten

Sift flour and salt. Add butter and mix thoroughly. Add ice water and knead to form soft dough. Chill for few minutes. Roll on floured board and lay on greased tart molds. Bake in hot oven until light brown.

Tart Filling

1 cup diced cooked chicken
2 tbsps. flour
½ cup sliced mushrooms
2 tbsps. butter
1 egg yolk
1 cup milk
½ cup chopped pimento
1 pimento cut into strips for garnishing

Saute mushrooms and diced chicken in butter. Set aside. Melt butter, add flour and cook until browned, add milk and stir to prevent lumps. Beat egg yolks and add to sauce. Mix sauted chicken and mushrooms with the pimento and fill tartlets. Garnish with pimento strips.

DINNER

Lengua Con Setas

The tongue is cooked with onions and tomatoes until tender. Cut into slices about a centimeter thick. Brown in butter, then add tomato sauce, mushrooms and season with salt and pepper. Arrange on platter with the mushroom caps on the sides.

Singalong Salad

½ medium, solid head lettuce
1 cup diced cucumber
¼ cup diced carrots
¼ cup diced sweet red and green pepper
1 large tomato, cut into wedges
Salt and pepper to taste

Wash and clean all vegetables; chill thoroughly. Break lettuce into bite-size pieces and prepare rest of ingredients as directed. Wait until the last minute to mix all ingredients. Toss slightly but thoroughly with the following dressing just before serving. Serve immediately.

Dressing:
¼ cup vinegar
¼ tsp. sugar
2 tbsps. salad oil
¼ tsp. salt
Dash of pepper

Combine all ingredients thoroughly and chill before adding to salad.

MENU NO. XVII

LUNCHEON

Pansit Malabon
Kilawin

Dessert — Buko Toffee (p. 82)

DINNER

Meat Ball Curry
Bulanglang

Dessert — Fiesta Buko Cups (p. 83)

Submitted by Mrs. MARTA RAMOS

MARKET ORDER

Pork	Malungay leaves	Dried bijon
Liver	Squash leaves	Chicharon
Radish	Eggplant	Tinapa
Tomatoes	Bagoong	Pechay
Red pepper	Eggs	Shrimp
Banana heart	Curry powder	Oyster
		Green coconut

LUNCHEON

Pancit Malabon

⅓ kilo fine dried bijon
3 tbsps. pork lard
3 tbsps. patis
2 tbsps. calamansi juice
2 tbsps. ground tinapa
3 tbsps. ground chicken
1 head garlic (sliced and browned in lard)
3 duck eggs (hard-boiled and sliced)
¼ cup sliced pechay
½ cup shelled oysters

Have a deep kettle of boiling water. The water should be boiling vigorously. Break dried bijon into pieces and soak in cold water for five minutes; remove the bijon from the cold water and put the bijon in "luglugan" (this is a sort of a basket with a long handle in one side especially used for pancit cooking). Dip this "luglugan" in boiling water for 6 to 7 minutes. Test the bijon if it is soft, remove the "luglugan" from the boiling water and drain the bijon. Transfer bijon on a platter, spread over bijon, pork lard, patis, calamansi and a little of the red sauce to make it look more appetizing. Stir and taste the bijon, cover again evenly with pechay, tinapa, chicharon, then garlic. Top bijon with oysters, shrimps and eggs. Sprinkle ground pepper. Prepare red sauce for flavor and decoration.

Red Sauce

1 chopped Bermuda onion
10 shelled big shrimps
½ cup very thick shrimp juice
2 tbsps. achuete color
1½ tbsps. flour

In a carajay, heat 1 tbsp. pork lard. When hot, saute in the onion, add shrimp juice. Stir while cooking and add achuete color. Let boil and add flour gradually until sauce thickens. Remove from fire and set aside. Do not make the red sauce too thick. Toss this red sauce on top of pancit and serve with big crabs and big shrimps.

Kilawin

1 cup lean pork, boiled and sliced
1 cup liver (pork) boiled and sliced
2 tbsps. cooking fat
1 tsp. crushed garlic
4 tsps. salt
Pepper to taste
⅓ cup vinegar
½ cup water
2 tbsps. chopped onions
½ cup tomatoes, chopped
3 cups radish, sliced
½ cup red pepper, cut in narrow strips

Saute garlic, onions and tomatoes. Add lean pork and liver. Season with salt and pepper. Add vinegar and water. Bring to a boil and add radish and pepper. Cook for few minutes more.

Dessert: Buko Toffee

DINNER

Meat Ball Curry

1 kilo hamburger
2 chopped onions
2 whole eggs
2 tbps. butter
3 tbsps. curry powder
3 tbps. flour
4 cups soup stock
1 tsp. chopped garlic

Meat Balls: Mix together the hamburger, half the chopped onions and the two eggs, add salt and pepper to taste. Form the meat into balls and brown them in a frying pan. Set aside.

Curry Sauce: Brown the chopped garlic in a little fat, then add the remaining chopped onions and cook till the onions are tender. Add the curry powder and flour slowly till the whole amount has been mixed. Now add the soup stock gradually stirring constantly, to avoid lumps. Cook till the soup stock begins to thicken.

Arrange the browned meat balls in a casserole and pour the curry sauce over them. Bake in a moderate oven for about a half hour and serve over steaming hot rice, with the following condiments as side dishes; grated cocoanut mango chutney, chopped boiled eggs, crystallized ginger, toasted almonds, fried bananas, french fried onions, and raisins. The condiments can be varied to suit the taste of the hostess.

Bulanglang

¾ cup pork
½ cup sliced banana heart
½ cup malungay leaves
½ cup squash leaves
1½ tbsps. bagoong
1 eggplant
3 cloves garlic
½ slice onion

Slice pork and boil until tender. Put in a frying pan to extract the fat. Saute garlic, ginger and onions. Season with bagoong (preferably with fish bagoong). Add the water in which the pork has been boiled, and the banana heart cut into two-inch cubes. When the heart is tender, add eggplant and squash leaves. Add malungay leaves last. Cover and simmer until the vegetables are done, but not overcooked. Serve hot with broiled bangus on top, if desired.

Dessert: Fiesta Buko Cups

MENU NO. XVIII

LUNCHEON

Clam Soup
Eggplant Omelet
Tawilis in Toyo
Dessert — Coconut Fancy

DINNER

Chicken with Gravy
Oyster Salad
Dalag (Stewed)
Mushroom with Brain (soup)
Dessert — Mixed Guinatan

Submitted by Mrs. CONSUELO C. SALUDO

MARKET ORDER

Ripe papaya
Eggs
Chocolate
Clam
Oyster
Dalag
Ground meat
Chicken
Coconut
Gabi
Camote
Banana, saba
Butter margarine
Lard
Potatoes
Eggplant
Garlic
Onions
Green pepper
Black pepper
Tomatoes
Soy sauce
Vinegar
Salt
Calamansi
Liver
Malungay
Biscocho
Sugar
Sago
Ubi
Langka
Mushroom
Brain
Olive oil

LUNCHEON

Clam Soup

2 cups clam
2 tbsps. lard
3 pieces garlic
1 onion medium size
Small dice of ginger
4 cups meat stock
2 tbsps. toyo
Bunch of malungay

Shell enough clams to make 2 cups. Saute in 2 tbsps. lard, 3 pieces of garlic and 1 whole onion, (cut in pieces). Then add the 2 cups of clam. Add the 4 cups meat stock. Season to taste with toyo. When almost done add the malungay leaves.

Eggplant Omelet

4 large eggplant
2 eggs beaten
¼ cup bread crumbs
¼ kilo ground pork
4 tbsps. lard
2 segments garlic
1 onion chopped
2 tomatoes chopped
Salt to taste

Broil the eggplants; remove skin leaving the stem intact. Set aside. To prepare filling: Saute the garlic, onion, tomatoes and add the ground pork. Season with salt. When done remove from the fire. To fill the eggplant, slit lengthwise and put into each eggplant a sufficient amount of the filling. Then dip the eggplant into well-beaten eggs and bread crumbs. Fry. Serve hot.

Tawilis In Toyo

20 tawilis
1 large onion
3 cloves garlic
5 pieces sili paciti
½ cup olive oil
Black pepper
5 tbsps. toyo
½ leaf laurel

Clean the fish very well. Dip in toyo for 10 minutes. Place the fish in a pressure cooker. Add onion, garlic, toyo, sili, laurel leaf and cover the pressure cooker and cook for 30 minutes.

Oyster Salad

3 cups oyster
1 large onion
¼ cup vinegar
4 pieces of garlic
2 pieces sili paciti
½ tbsp. salt
Black pepper to taste

Shell enough oysters to make 3 cups; dip the oysters in boiling water. Drain and place in a bowl. Add all the ingredients stated above, chill before serving.

Dalag Stewed

1 dalag
1 large onion
2 cloves garlic
1 large green pepper
Little ginger
2 tbsps. flour
3 large tomatoes
3 potatoes cut into cubes
3 tbsps. soy sauce
Black pepper to taste

Clean the fish very well. Cut into 1 inch slices. Dip in soy sauce for 10 minutes. Fry partially. Saute the garlic, onion and tomatoes. Add fish and potatoes. Simmer for 5 minutes. Add green pepper, black pepper and little soy sauce to taste. Add 2 cups of water and let it boil for 5 minutes. Add flour to thicken.

Dessert — Coconut Fancy

1 young coconut
3 cups pinipig
Sugar to taste

Grate the coconut, put aside. Clean the 3 cups of pinipig. Drain. Place in a bowl, the pinipig. Add the grated coconut. Add the sugar according to one's taste. Mix well. Place the bowl in a refrigerator to chill.

DINNER

Chicken With Gravy

1 chicken
2 large onion
5 cloves garlic
Sili paciti (10 pieces)
Bread crumbs (5 centavos)
1 can star margarine
¼ kilo liver
5 tbsps. lard
6 calamansi
5 potatoes
1 glass water

Clean the chicken; cut into 2 inch slices. Place in kettle the sliced chicken and add the toyo and calamansi and let it stand there for 10 minutes. Saute the garlic, onion and tomatoes. Add the chicken, and potatoes. Let it simmer for 5 minutes. Add 1 glass of water and cook until the chicken is tender. Add the pounded liver, margarine, sili paciti and bread crumbs. Stir very well and let it simmer for 3 more minutes.

Brain Soup With Mushrooms

1 cup brain, diced
1 onion sliced
2 tbsps. lard
2 segments garlic
1 cup mushrooms
2 cups chicken broth
Salt and pepper to taste

Wash brain in cold water. Drain and remove fibers. Saute garlic, onion and brain in a frying pan. Add the mushroom. Add the chicken broth. Add salt and pepper to taste. Cook for 10 minutes.

Dessert — Mixed Guinatan

1 coconut
1 cup sugar
3 bananas saba
2 camotes
1 gabi
1 ubi
6 sections langka (cut into strips)
1 tbsp. sago

Grate the coconut. Extract the milk and set aside. Add 2 cups water to the grated coconut and make the second extraction. Dice the kamotes, gabi, ubi, bananas and langka; add the thin coconut milk, sugar and sago and set to boil, stirring occasionally, until done. Add the rich coconut milk.

MENU NO. XIX

LUNCHEON

Clam Soup w/Malungay Leaves
Beef Steak a la Filipino Style
Cucumber Salad
Bananas
Camote Delight

DINNER

Soup w/croutons
Almondigas
Radish Salad
Kaong Dessert

Submitted by:

Mrs. VICENTA G. TINIO

MARKET ORDER

clams
malungay leaves
½ k. round steak
soy sauce
calamansi
onions
bananas
one cucumber
6 camotes
3 slices bread
6 pcs. tomatoes
milk
smoked fish
salted eggs
papaya
½ k. lean meat
¼ k. liver (pig)
unto sinsal
radish
pineapple (canned)
saba
ginger
vetsin
butter
vanilla
sugar

LUNCHEON

Clam Soup With Malungay Leaves

1 tbsp. lard
36 pcs. clams (fresh)
1 pc. of ginger
2 small tomatoes
1 bunch of young malungay leaves
Patis to taste
2 tsps. vetsin

Cut ginger into small pieces and brown in lard, add chopped tomatoes and patis. Add 3 cups of rice water and transfer into a casserole and cover. Meanwhile clean clams with salt and wash until clean. When broth boils add clams and vetsin. Before serving add malungay leaves.

Beef A La Filipino Style

1 tbsp. lard
½ k. round steak (beef)
3 pcs. calamansi
¼ cup soy sauce
2 small onions cut in rings

Cut meat across the grain, marinate in a mixture of soy sauce, calamansi juice (about 1/3 juice and 2/3 sauce) for several hours before cooking. Drain meat and fry in a hot skillet until brown. Remove meat and keep warm. Add ½ cup water to pan and allow it to boil. Add liquid in which meat was marinated. Cut onions in rings and add to this mixture until soft. Pour the sauce to the meat and serve while hot.

Cucumber Salad

One cucumber
French dressing

Pare and cut cucumber in thin slices. Pour French dressing and chill.

Camote Delight

6 boiled camotes
½ cup brown sugar
1 tbsp. butter
1 tsp. vanilla
1 cup water

Make syrup with water and sugar, when it thickens add the peeled camote whole. Once in a while pour syrup over camotes to insure the syrup penetrates inside. When done add a few drops of vanilla and butter.

DINNER

Soup With Croutons

3 cups clear stock
(from ¼ k. bones)
Bread squares
Salt to taste
2 tbsps. milk
Vetsin

Strain stock from boiled bones. Put a few slices of onions, add vetsin and salt to taste. Fry bread cut in squares in butter. Add milk last. Add fried croutons while serving.

Almondigas

½ k. lean pork meat
1 small onion
¼ k. liver (pig)
¼ k. unto sinsal
Salt and pepper
1 tsp. vetsin

Chop pork and liver fine. Add chopped onion, salt and pepper to taste. Put a little vetsin. Mix well. Divide unto sinsal in two pieces. Put half of the mixture in one piece of unto sinsal and fold. Secure with toothpicks. Do the same with the remaining mixture. Put in a skillet, cover and cook slowly under a low fire until done. When unto sinsal melts, it will be enough shortening to cook itself. Cook until brown.

Radish Salad

3 regular size radish
French dressing

Pare and slice radish fine crosswise and put salt. Squeeze and wash to remove bitter taste. Add the young radish leaves for contrast. Marinate in French dressing.

Kaong Dessert

2 cups kaong
½ cup sugar
1 cup water
1 tsp. vanilla

Wash kaong very well. Boil sugar and water to make syrup. When it thickens halfway add kaong and boil some more till kaong becomes soft. Add vanilla last.

MENU NO. XX

LUNCHEON

Hawaiian Chicken
Greece Egg and Lemon Soup
Indonesia Gado-Gado
(mixed salad)
China Loh Pai Kwut
(Sweet-Sour Pork Cubes)
Dessert — Philippine Chocolate Pudding

DINNER

Arroz a la Filipina
Pesang Dalag with Miso-Tomato Sauce
Pork Kilawin
Dessert — Atis Sherbet (p. 84)

Submitted by:
Mrs. MELCHORA TIRONA

MARKET ORDER

Chicken
Olive oil
Ginger
Bouillon cubes
Cornstarch
Onions
Celery
Pineapple
Cabbage
String beans
Mongo sprouts
Cucumber
Radish
Peanut butter
Eggs
Potatoes
Pork meat
Sherry
Raisins
Casuy nuts
Milk, butter, sugar
Vanilla, baking powder

LUNCHEON

Hawaiian Chicken

1 chickens
2 cloves garlic, chopped finely
2 cloves ginger, chopped finely
2 tbsps. olive oil
4 bouillon cubes
2 cups water
¼ cup soy sauce
2 tbsps. cornstarch
2 onions, diced
3 green pepper, cubed
1 stalk celery
1 can pineapple chunks

Brown chicken as you would do for frying, but do not cook thoroughly. Put aside; in skillet, put olive oil, garlic, and ginger. Let this saute a while. Then mix bouillon cubes in water, soy sauce and cornstarch. Stir in skillet and simmer until it gets slightly thickened. In large pyrex dish put layers of chicken, onions, green pepper, celery and chunk pineapple. Pour sauce over, cover tightly and bake in 300°F. oven for one hour. Serve with rice.

Greece Egg And Lemon Soup

8 cups soup stock
½ to 1 cup uncooked rice
3 egg yolks
1 tbsp. cornstarch
1 cup milk
1 tbsp. butter, melted
Juice of ½ lemon
1 tbsp. chopped parsley
Salt and pepper to taste

To make stock: Simmer ½ kilo of beef bones with 2 quarts water, 3 teaspoons salt, 4 carrots, 1 onion, 2 potatoes and 1 piece celery. The vegetables should be sliced or cut in pieces before adding. Simmer until meat is tender, then strain off the stock and chill.

Remove fat from stock, measure and add water to make 8 cups. Heat to boiling. Wash rice and add to hot stock. Cook until rice is tender (about 30 minutes). . Mix egg yolks with cornstarch and milk and stir into soup. When the mixture has thickened slightly remove from heat and stir in lemon juice slowly to avoid curdling. Add butter, chopped parsley, salt and pepper to soup and serve immediately. Yield: 8 to 12 servings.

Indonesia Gado-Gado (Mixed Salad)

Vegetables:
½ kilo cabbage, shredded
¼ kilo string beans, cut into 1 inch lengths
¼ kilo mongo sprouts
1 cucumber, pared and thinly sliced crosswise
2 medium size radishes, pared and thinly sliced crosswise

Cook the bean sprouts and string beans in salted boiling water. Set aside in a plate. Parboil cabbage. Reserve the cooking water. Serve the vegetables with Peanut-Butter Sauce prepared as follows:

1 tsp. salt
2 tsp. brown sugar
1 tsp. lemon juice
1 tsp. soy sauce
1 onion, sliced and fried
1 or 2 sloves garlic chopped
Few hot peppers
¼ to ½ pound finely ground peanut butter
½ cup warm water from boiled vegetables
Garnish: 2 hard-cooked eggs and potato chips

Prepare the peanut-butter sauce or dressing in a bowl by crushing and mixing the ingredients and adding the warm vegetable water. Arrange cooled vegetables in layer. Garnish with slices of hard-cooked eggs and potato chips. Serve with rice. Yield: 6 servings.

China Loh Pai Kwut (Sweet-Sour Pork Cubes)

Pork cubes:
1 kilo meat from shoulder of pork
2 cups water
1 tsp. salt
4 tbsps. soy sauce
2 tbsps. sherry, if desired

Cut meat into 1 inch cubes (about 4 cups). Put into a 2-quart sauce pan. Add water, salt, and soy sauce. Place on high heat; bring to a rolling boil. Turn down heat; cover saucepan; simmer meat about 50 minutes or until tender, when tested with fork. Drain off meat broth into small saucepan. Skim off floating fat; add sherry if used. Set broth aside.

Sweet-Sour Sauce

1 5 cup sugar
4 tbsps. cornstarch
4 tbsps. cider vinegar
Broth from the Meat
1/3 cup pineapple juice (drained from one 9-ounce can pineapple tidbits)
2/3 cup tidbits (one 9-ounce can)

In a sauce pan, blend sugar, cornstarch, vinegar, and pineapple juice until smooth. Slowly stir in meat broth. Stir over medium-high heat until sauce is thick and translucent about 5 min. Pour on pork cubes; add pineapple tidbits. Stir together; keep warm over low heat. Yield: 8 to 10 servings.

Steamed Chocolate Pudding

½ cup butter
½ cup sugar
1 egg beaten
1 tsp. vanilla
1 cup sifted flour
2 tsps. baking powder
½ tsp. salt
1/3 cup milk
1 or 2 squares baker's unsweetened chocolate, melted
½ cup light raisins
½ cup chopped casuy nuts

Soften butter, add sugar and cream together until light and fluffy. Add egg and vanilla. Beat until well blended. Sift together flour, baking powder and salt. Add alternately with milk to butter mixture. Beat until well blended. Then add melted chocolate and blend well. Fold in raisins and casuy nuts. Spoon batter into glass baking cups, filling about 2/3 full. Cover tightly with aluminum foil and steam in a steamer about 30 minutes. Cover tightly and steam over low heat. Serve warm with fluffy sauce.

Fluffy Sauce

Whip 1 cup whipping cream. Add 2 egg yolks and beat until well blended. Then blend in 1 cup of confectioners sugar.

DINNER

Arroz A La Filipina

½ cup boiled enriched malagkit rice
½ cup boiled enriched rice
½ small chicken
3 cloves garlic
1 small onion
3 ripe tomatoes
3 tbsps. lard
3 medium size green pepper
Achuete
1 package raisins
1 hard cooked egg

Dress the chicken and cut into small pieces. Slice the tomatoes and the onion. Soak the achuete in a little amount of water and set aside.

Saute the garlic, onion, tomatoes and chicken. Cover a little while and when chicken is brown add water and cook until tender. Then add the sliced pepper and cook for 3 minutes. Add the achuete for coloring. When done, add the boiled enriched rice and malagkit and the raisins. Turn the mixture from time to time to prevent burning. Keep on fire for a few minutes. Add a few grains of salt to taste. Garnish with hard cooked egg and green and red pepper.

Pesang Dalag With Miso-Tomato Sauce

1 piece crushed ginger about 1 inch long
1 small head cabbage, quartered
2 heads pechay
2 stalks green onions
1 dalag (cleaned and scrubbed into whiteness) cut into pieces
2 tsps. salt
2 cups rice washing
10 pieces peppercorn
1 small onion, quartered

Salt fish. Boil rice washing together with peppercorn, onion, ginger. Add cabbage, pechay and green onions. Boil 5 minutes. Add fish, making sure that all excess salt has been drained off. Serve hot. This is served with miso-tomato sauce.

Miso-Tomato Sauce

1 tbsp. lard
1 tsp. minced garlic
¼ minced onion
2 medium tomatoes, chopped
12 tbsps. miso (soybean curd)
½ tsp. salt

Saute garlic, onion, and tomatoes; cook for three minutes. Add miso, mashing mixture with back of basting spoon. Cook two minutes longer, then serve from sauce dish with Pesang Dalag.

Pork Kilawin

1 cup ground pork meat
1 cup ground toasted liver (pork)
3 radishes (peeled and sliced into long strips)
2 lady finger green pepper
½ cup vinegar
1 big onion (sliced thin)
Salt, sugar and pepper to taste
2 tbsps. bread crumbs
1 pkg. raisins
2 tsps. ground garlic
½ cup sugar (brown)

Sprinkle salt on the sliced radishes and mash them very well to remove some of the juice. Wash and then squeeze between fingers to remove excess water.

Saute garlic, onions and add the ground pork. To the ground liver add vinegar and water to the extract juice. Add this to the ground pork together with the salt, sugar, pepper, radish, raisins, and the green pepper. When meat is tender add bread crumbs to make sauce thick.

Dessert — Atis Sherbet

MENU NO. XXI

LUNCHEON

Arroz a la Filipina
Stuffed Pork Chops
Soybean Kilawin
Dessert — Buko-Linga Toffee (p. 82)

DINNER

Banana Meat Loaf
Fish Balls with Petsay
Stuffed Tomato Salad
Dessert — Buko Pudding (p. 83)

Submitted by:

Mrs. JULITA TORRES

MARKET ORDER

Ground beef
Ground pork
Vienna sausage
Pineapple canned or fresh
Tomatoes
Shrimp
Green onions
Petsay
Calamansi
Raisins
Eggs
Celery
Chicken
Malagkit rice
Lettuce
Bangus fish
Pork slices
Sweet pickles
Banana saba

LUNCHEON

Arroz A La Filipina

3 tbsps. lard
3 cloves garlic, minced
1 small onion, sliced
3 ripe tomatoes, sliced
½ small chicken, dressed and cut into pieces
2 cups water
3 medium green pepper, sliced
1 tbsp. atsuwete soaked in ¼ cup water
½ cup cooked enriched malagkit
1 small package raisins
2 tsps. salt
1 hard cooked egg, sliced
Red pepper for garnishing

Saute garlic, onions, tomatoes and chicken. Cover and cook until chicken is brown. Add water, cover and cook until tender. Add sliced pepper and strained atsuete. Cook 3 minutes. When mixture boils, add cooked rice and raisins. Turn mixture from time to time to prevent scorching. Add a few grains of salt to taste. Arrange in a mound in a large platter. Garnish with slices of hard cooked egg and green and red pepper.

Fruit Stuffed Pork Chops

5 pieces pork chop, 1-inch thick
Calamansi juice
Dash of salt and pepper
Dash of Worcestershire sauce
Monosodium glutamate
Maggi Seasoning (optional)
½ cup cooked ham, chopped
3 pieces Vienna sausage, sliced
¼ onion, chopped
2 slices pineapple
½ pkg. raisins
¼ cup sweet pickle relish

Cut a deep slit in center of pork chops. Season chops with salt and pepper; let stand in marinade of calamansi juice, sauce, monosodium glutamate and Maggi seasoning for one hour.

Mix together in a bowl the chopped cooked ham, sliced sausages, chopped onions, sliced pineapple, raisins and sweet pickle relish, blend ingredients thoroughly; add salt to taste.

Fill the pork chops with about two spoonfuls of fruit stuffing. Do not pack the stuffing tightly. Then fasten the opening with toothpicks or metal skewers. Fill the rest of the pork chops and set aside.

Wrap each pork chop in square piece of aluminum wrap; place in baking pan and bake in moderately hot oven of 350°F. for 30 minutes on one side. Turn and bake other side till done.

Soybean Kilawin

¼ cup chopped soybeans
¼ cup sliced pork
1 small radish, sliced fine
2 sections garlic, chopped
3 tbsps. vinegar
1 tsp. salt
1 pinch pepper
¼ cup water
2 tbsps. lard

Saute the garlic, sliced pork, radish and soybeans in lard. Add 3 tablespoons vinegar, salt, pepper, and water. Boil for 2 minutes and cook the radish.

Dessert — Buko-Linga Toffee

DINNER

Banana-Meat Loaf

½ kilo ground beef
½ kilo ground pork
1 can sausage
1 onion chopped
1 cup bread crumbs
3 saba bananas, sliced and mashed
1 pkg. raisins
2 egg yolks
2 hard-boiled eggs
Salt and pepper to taste
Lettuce and tomatoes of garnishing

Mix together the ground beef, pork and ½ of the sausages which have been chopped fine, the onion and bread crumbs. Season with salt and pepper to taste, add the egg yolks and mix the mixture thoroughly. Add the mashed saba bananas and the raisins. Arrange the remaining sausage and the hard-boiled egg slices at the bottom of a greased loaf pan. Pack the meat mixture into the loaf pan and bake in a moderate oven till done. When done, unmold on a serving platter and serve garnished with lettuce and sliced tomatoes. Serve whole or sliced and with ketchup or your favorite sauce.

Fish Balls With Petsay

2 cups milk fish (bangus)
3 tbsps. chopped onion
4 tbsps. cornstarch
Green onions for garnish
1 egg, beaten
⅛ tsp. pepper
1 tsp. salt
2 tbsps. patis
2 cups petsay cut into one inch slices

Remove the scales and all internal organs of the fish. Beat it lightly with the blade of the bolo to loosen the bones. Cut it open from the back and wash well. Then scrape the flesh, being careful not to include the small bones. Put the fish in mixing bowl.

Prepare the fish stock by boiling the head, the big bone, and the skin in a saucepan, with 3 cups of water. Strain. Prepare the fish balls. Add the chopped onion to the fish in the bowl. To this mixture, add the salt and pepper, egg, cornstarch and form into balls. Drop one by one into the boiling fish stock. When done, add the green onions cut into small rings, and the petsay. Cook two minutes longer. Season to taste with patis. Serve hot.

Stuffed Tomato Salad

8 or 10 Baguio tomatoes
1½ kilos fresh shrimps, boiled and shelled
½ cup mayonnaise, mixed with: salt, pepper and paprika to taste
¼ cup celery
¼ cup green onion rings
Leaf lettuce

Turn tomato stem end down. Cut 5 or 6 petals, cutting through the skin but not into seed pockets. Separate petals from the tomato by cutting under them with sharp paring knife, holding petals back, fill with mayonnaise mixture; place a whole, cooked, chilled shrimp between each petal. Place on leaves of lettuce.

Dessert — Buko Pudding

THE SINGALONG-SAN ANDRES WOMEN'S CLUB

Slimnastics class taken at Mrs. M. V. Adriano's residence. 1st row, from left: Mesdames T. Guevarra, L. Kalaw, M. Aro. 2nd row: M. Adriano, N. Meer, F. Alicante. 3rd row: M. Vidal, M. Amante and C. Leviste. Pianist, Mrs. C. Kasilag and Miss L. Kasilag, instructress. Feb. 9, 1953.

Another activity of our club which we find beneficial to health and a good form of entertainment is the Slimnastics or Folk Dancing Class.

This is usually held at the house of a club member who acts as hostess for the afternoon. The food served is always a Filipino delicacy made as much as possible from farm products of the club members. This is done so as to show that our farm products are just as good if not better than foreign varieties and to teach our children to appreciate and use native goods.

RECIPES DONATED

By

SINGALONG-SAN ANDRES WOMEN'S CLUB

SLIMNASTICS CLASS

The ladies, after their slimnastics class, usually serve the following: Coca-Cola, Tru-Orange, Lem-o-Lime and Magnolia Ice Cream and the following home-made recipes:

Tea And Fruit Punch

4 Batangas oranges, peeled and sliced thin
2 cups ginger ale or 1 big bottle
1 cup water
1 tbsp. tea
4 lemons
½ cup orange juice
1 cup sugar

Boil water, add tea and sugar, and let stand for few minutes, strain, add orange and lemon juice, the oranges thinly sliced and a big bottle ginger ale. Pour this over in a punch bowl with cracked ice.

Santol-Ade

10 ripe santol (peeled and chopped)
1 cup boiling water
½ cup sugar
4 cups cold water
Pinch of salt

Select ripe santol. Peel and chop the outer part of the meat portion. Pour the boiling water mixed with sugar. Mash the santol. Add salt if desired and enough water to suit your taste. Keep in the refrigerator to cool. Serve in glasses with cracked ice and the santol meat and seeds well mashed.

Banana-Ade

3 well ripe bananas (lacatan or bungulan)
1 cup carabao's milk
Sugar and salt to taste

Peel and mash the bananas, add the freshly boiled milk and beat with rotary beater until the whole consistency is fine and creamy. Serve cold with Magnolia Ice Cream.

Coconut Milk Served With Gulaman And Toasted Pinipig

2 cups coconut milk
½ cup sugar
Pinch of salt
4 tbsps. pinipig (well toasted)
2 cups gulaman (already cooked and cut into cubes)

Mix all ingredients and serve with cracked ice and pop pinipig on top.

Tamarindo With Gulaman

2 tbsps. tamarind jam
4 cups water
2 cups cooked gulaman (cut into cubes)
Sugar and salt to taste

Mix tamarind with water, strain if you want it clear. Add sugar and salt to taste. Serve cold with gulaman.

Buko Ade

3 young coconuts (grated with makapuno grater)
3 cups coconut water (buko)
½ cup sugar

Grate the young coconut taking care not to include the inner skin of the coconut. Add coconut water. Serve with cracked ice.

Duhat Ade

Select ripe duhat. Wash carefully and boil. When soft mash to remove the seeds. For every cup of pulp add ½ cup sugar, then boil. Place in refrigerator ready for punch by adding some water. This tastes like grape juice.

BIGNAY ADE CAN BE DONE IN SAME WAY AS THE DUHAT

Guyabano Ade

1 ripe guyabano
½ cup sugar
Few drops food coloring
Water and ice

Mash the guyabano to remove seeds. Pass thru sinamay to extract juice. Add enough water, sugar and coloring to suit your taste. This can be made to ice drop by putting in ice cubes. Insert tooth picks in each square to hold the cubes when frozen.

Frosty Egg Nog

Here's an easy-to-make cooler that's perfect for children! Have all ingredients very cold.

2 cups milk
1 tbsp. sugar
1 egg
½ tsp. vanilla or dash of nutmeg

Place milk, sugar and egg in bowl. Beat well. Add vanilla or nutmeg. A spoonful of ice cream adds extra richness.

Sparkling Pineapple Punch

3 cups pineapple juice
Juice of 4 calamansi
1 bottle soda water
1/3 cup sugar

Combine all ingredients. Chill. Pour over cracked ice into champagne glasses. Garnish with chunks of pineapple and cherries on tooth or canape picks.

Minted Three Fruit Refresher

Some of the fruit juice in this recipe may be frozen in refrigerator trays added as colored ice cubes.

1/3 cup sugar
1 cup leftover juices of fresh or canned pineapple, peaches or other fruit
Juice of 2 oranges
Juice of 1 dayap
3 cups water

Cook sugar and water together for 10 minutes. Cool. Add fruit juices. Serve in sugar-frosted tall glasses and dress up with a sprig of mint.

Naranghita Ade

Juice of 6 native oranges
Juice of 2 calamansi
1/3 cup sugar
1 cup water

Combine all ingredients. Pour the drink over the ice cubes in tall glasses. Top with orange slice and insert drinking straw through the top of the orange.

Calamansi Froth

Juice of 6 big calamansi
Sugar to taste
1½ cups cold water
2 tbsps. Orange Sherbet

Combine cooled calamansi juice, sugar and water. Add orange sherbet and shake vigorously. Pour mixture into glasses. Sherbet will float as froth.

Guinatan Gabi With Bananas

½ cup thick coconut milk
3 camotes (peeled and cut into cubes)
2 ripe bananas (saba cut into thin slices)
1 gabi bigger kind (peeled and cut into small cubes)
1 cup sugar
6 cups diluted coconut milk
½ cup ripe nanka (cut into strips)
¼ cup tapioca or pinipig for thickening

If you use tapioca, boil with the diluted coconut milk. When half done add bananas, then the gabi, nanka and sugar and salt to taste. Add pinipig for thickening half hour before serving.

Bibingka Cassava

4 cups grated cassava (remove fibrous part)
½ cup sugar
½ cup pure coconut milk
½ cup condensed milk
Salt to taste
½ tsp. lemon rind
1 cup coconut milk
½ cup sugar
1 tsp. cornstarch

Bibingka Topping

Mix all ingredients and cook over slow fire until half done. Line baking pan with banana leaf or wax paper. Pour the mixture and spread evenly with the help of a spoon. On top spread the bibingka topping which has been previously cooked to thicken. Bake in hot oven until brown.

BIBINGKA PINIPIG IS DONE IN THE SAME WAY AS THE CASSAVA.

Espasol De Condol

4 cups fresh pinipig (toasted and finely ground)
1 cup condensed milk
½ cup pure coconut milk
1½ cups sugar
½ cup toasted linga (peeled and finely ground)
¼ tsp. anis (toasted and finely ground)
1 cup condol preserve (cut into fine strips)
½ cup toasted and powdered malagkit rice

Mix all. Boil until thick. Add condol strips and anis. When thick roll on a board and flatten to a half centimeter thick, using the powdered pinipig to prevent sticking. Cut into desired shape and wrap in cellophane paper to prevent hardening.

Kalamay Mais Batangas Style

18 ears young freshly picked yellow corn
8 cups coconut milk from 2 coconuts
4 cups sugar
1½ tsp. salt

Grind corn thru meat grinder. Add half of the coconut milk. Mix well and pass thru a fine seive. Mix again and add coconut milk for 2nd extraction and strain again. Add sugar and salt and cook over slow fire until thick. Pour in pyrex dishes to harden. Serve with latic.

Guinatan With Rice Balls

1 cup enriched malagkit rice (ground into a stiff dough consistency)
2 coconuts (5 cups coco milk)
2 medium size camote
10 bananas, saba (cooking bananas)
1 cup langka meat (jackfruit)
½ tsp. anis seeds
1 cup sugar
2 medium size gabi (taro)

Soak the rice for 3 hours. Grind. Set aside until ready to use. Grate the coconut and extract the milk four times. The first extraction should be the thick milk which is served on top of the guinatan. Pare the ubi, gabi and the camote and cut them into one-half inch cubes. Peel the bananas and slice them crosswise. Cut the langka into strips. Boil the gabi, ubi and camote with diluted coco milk. Drain the ground rice and add rice water to first mixture. Form the ground malagkit rice into small balls. Drop them into the boiling camote and gabi mixture. Add banana and langka, anis and sugar. Serve hot with rich coco milk.

Arroz Caldo With Goto

1 cup enriched rice
2 cups boiled goto
1 small onion
2 tbsps. patis
2 segments garlic
2 stalks onion leaves
1 pinch pepper

Clean the goto and cook until tender. Add the rice to the liquid in which the goto was cooked. Cook the rice to a porridge consistency. Then add onions, pepper, goto and patis. Fry the garlic until brown and scatter on top of the gruel together with the finely shredded onion leaves before serving.

Maruyang Kamote

1 cup flour
2 tsps. baking powder
1 tbsp. sugar
2 medium kamote, grated
¼ tsp. salt
1 egg
¼ cup milk

Mix and sift dry ingredients; add other ingredients in order given. Mix well and drop by spoonfuls in deep, hot lard. Drain and sprinkle with sugar before serving. Two dozens.

Putong Puti

2 cups rice, soaked and ground with 1½ cups water
3 tsps. baking powder
1½ cups sugar
½ tsp. salt

1. Ground the rice to the consistency of thick batter.
2. Add to this the sugar, salt and baking powder. Mix thoroughly.
3. Pour into puto molds until each is two-thirds full.
4. Arrange in a steamer and steam for half an hour until done.
5. Insert a toothpick in each and if it comes out dry, the puto is done.
6. Serve with grated coconut.

Dinuguan

3 cups internal organs (heart, liver, pancreas and meat with fat)
1½ cups of blood
½ cup vinegar mixed with 1 cup water and 1 tsp. salt
3½ cups water
1 tbsp. salt
1 small onion, sliced
3 segments garlic, crushed
2 hot peppers
3 tbsps. shortening

Clean and cut the internal organs into small pieces. Cook in a saucepan with the vinegar mixture until tender. In another saucepan, saute garlic and onion. Add boiled internal organs and continue cooking for five minutes. Add the blood little by little stirring the mixture while adding and let boil. Add water, season with salt and cook covered a few minutes more. Add hot pepper just before removing from fire.

Sinukmani

5 cups malagkit rice
3½ cups sugar
3 coconuts
1 tsp. salt

Grate the coconut and squeeze out the milk without adding water. Set aside. Prepare the diluted coco-milk by adding 1 cup warm water to the grated coconut for each extraction. Boil this until thick. then add the undiluted coconut milk, and boil until it begins to curdle. Add the rice, salt and refined sugar and continue cooking, stirring constantly, over low heat, until the rice is cooked. Line the pan with banana leaves. Pour the rice mixture into pan and flatten with a spatula. Cut into 2 inch squares and serve with grated coconut on top. Or, you may wish to serve the traditional combination of putong puti and dinuguan which are distinctly Filipino in origin.

Banana Tea Bread

1¼ cups sifted all-purpose flour
2¼ tsps. double-action baking powder
½ tsp. salt
⅓ cup shortening
⅔ cup sugar
2 slightly beaten eggs
1 cup mashed ripe bananas (3 to 4)

Sift together flour, baking powder and salt. Place shortening in mixing bowl and beat until creamy and glossy, 300 strokes by hand or 2 minutes at medium speed on electric mixer. Gradually add sugar to shortening, beaten until light and fluffy after each addition. Add eggs and beat until thick and pale lemon in color. Add flour mixture and bananas alternately, blending thoroughly after each addition. Grease bottom only (not sides) of a loaf pan (approximately 4½" or 8½ x 3"). Turn batter into pan.

Bake in a moderate oven (350°F.) 60 to 70 minutes or until bread is done. Let bread partially cool in pan (20-30 minutes) before turning onto rack. Cool thoroughly before wrapping for storage. Makes 1 loaf.

Buko Toffee No. 1

1 cup coconut milk
¼ cup sugar
2 tbsps. buko chopped
1 tbsp. glucose

Mix all ingredients except chopped buko. Cook over a low fire until it forms a solid mass. Add chopped buko and continue cooking a few minutes longer. Transfer to a buttered board and allow to cool a little. Form small balls and wrap in oiled paper.

Buko Toffee No. 2

1 cup buko, chopped finely
1 cup coconut milk
1 cup evaporated milk
4 tbsps. glucose
½ cup sugar
1 tsp. grated lime rind

Mix milk, coconut milk, sugar and glucose. Cook until thick. Add lime rind and buko and continue cooking until it reaches the soft-ball stage. Place on a greased board, roll to a sheet of about ½ inch thick. Cool and cut in cubes. Roll in sugar and wrap in wax paper.

Buko-Linga Toffee

1 cup coconut milk
¼ cup sugar
3 tbsps. linga
2 tbsps. buko chopped
1 tbsp. glucose

Mix all the ingredients except chopped buko and linga. Cook over a low fire until it forms a solid mass. Add chopped buko and linga. Continue cooking a few minutes longer. Transfer to a buttered board and allow to cool a little. Form small balls and wrap in oiled paper.

Buko Fancies

1 cup buko, finely chopped
½ cup flour
½ cup sugar
2 tsps. melted butter
¼ tsp. vanilla
1/3 tsp. salt
2 eggs

Beat eggs well; add sugar and continue beating; add melted butter and the other ingredients. Blend well, put in buttered muffin pans and bake until slightly browned.

Buko Delight

½ cup buko, cut in small pieces
¼ cup green corn, chopped fine
3 drops vanilla extract
½ cup sugar
½ cup water

Boil corn with water until tender. Add sugar and buko. Continue boiling until it reaches the consistency of jam. Add vanilla just before removing from fire and pour mixture in a mold. Cool before serving.

Buko Custard

1 cup buko, sliced in pieces
1 cup coconut milk
1 cup evaporated milk
4 egg yolks
1/3 cup water
2 egg whites
1 tbsp. lemon rind
1 cup sugar, granulated
1 cup brown sugar

Beat egg yolks and egg whites together; add sugar, lemon rind, coconut milk and evaporated milk; add buko. Set aside. Caramelize brown sugar and add water to make a thick syrup. Line mold with caramelized syrup and when cool, fill mold ⅔ full with custard buko mixture. Cook in a moderate oven or in boiling water, covering mold with a sheet of tin on which you have placed live charcoal.

Fiesta Buko Cups

2 cups buko, cut in pieces
½ cup bread crumbs
¼ tsp. cinnamon or vanilla
2 tbsps. raisins
2 eggs
1 cup milk
½ cup water
1 cup sugar

Beat eggs; add sugar, milk, bread crumbs, buko, raisins, and flavoring. Mix thoroughly. Pour in muffin pans previously lined with caramel syrup. Bake in moderate oven placing muffin pans in pan half filled with boiling water.

Buko Salad

2 cups buko
½ cup boiled chicken (flaked)
½ cup cooked ham cut into strips
1 can sweet pineapple cut in strips and drained; if fresh pineapple is used boil in syrup 5 minutes
¼ cup grated cheese
1 cup mayonnaise
½ cup sweet pickles in strips

Mix all ingredients and chill. Garnish and serve.

Buko Pudding

2 cups grated buko
1 cup sugar (boil this with buko)
2 tbsps. butter
2 cups milk
2 tbsps. cornstarch
4 egg yolks
12 lady fingers (enough to line mold)

Boil buko with sugar, beat eggs and stir in the milk with the cornstarch. Cook in double boiler. When thick pour over mold lined with lady fingers. When set turn mold in a platter and serve with sliced fruits.

Atis Ice Cream

3 ripe atis
½ cup sugar
1 pint milk

Remove seeds from atis. Scald milk and sugar. When cold, strain and add fruit. Freeze and serve. 10 servings.

Atis Sparkler

1 cup ripe atis pulp
4 tbsps. kalamansi juice
½ cup plus 2 tbsps. sugar
4 cups water

Place the first 2 ingredients in a warming blendor with one cup water. Cover. Turn on blendor and run for one minute or until mixture is thoroughly blended. Pour blended ingredients into pitcher. Stir in sugar and add 3 cups water. A drop of food color may be used. Place ice cubes in glass and pour sparkler before serving. 8 servings.

Atis Sherbet

⅞ cup sugar
2 cups water
2 cups atis meat (seedless)
1 tbsp. lemon juice
1 egg white

Combine sugar and water and boil 5 minutes. Cool to lukewarm. Add fruit meat and unbeaten egg white. Pour into a freezing container. Freeze with 8 parts of ice and 1 part of ice cream salt.

Atis Mouse

½ tbsp. gelatin
2 tbsps. cold water
1/3 cup boiling water
1 cup atis meat (seedless)
1 cup sugar
1 cup whipping cream

Soak gelatin in the cold water 5 minutes. Pour boiling water over the gelatin and stir until gelatin is dissolved. Combine gelatin mixture and fruit meat. Add sugar and stir until dissolved. Chill and whip cream, then fold into gelatin mixture. Freeze in a mechanical refrigerator.

Gelatine Dessert

Make gelatin rings for individual servings. Place on saucers or small plates with atis ice cream in the center. Garnish with strawberries on top. Red gulaman flavored with kalamansi juice and sweetened will make a lovely red ring.

Maja Blanca

1/3 cup cornstarch
½ tsp. salt
3¼ cups milk
2 tsp. butter
1 tsp. vanilla

Mix all dry ingredients. Stir in 1 cup cold milk until smooth. Scald milk and add cornstarch and heat until it thickens. Place in double boiler and cook ten minutes longer. Place in mold. Serve with slices of fresh ripe mangoes.

Sapin Sapin With Ubi

2 cups strained boiled ubi
½ cup sugar
¼ cup coconut milk

Mix all and cook until it forms into jam consistency.

2 cups soaked and ground rice
2 cups sugar
4 cups coconut milk
1 tsp. powdered anis seeds

Mix all and divide into two. Cook half over steam and when well done cover top with ubi mixture. Cook again. Then add the other half of the mixture and steam again until it is well done. When firm cut into pieces and serve with palabok. This is toasted grated coconut meat.

Buche

1½ malagkit rice
½ cup ordinary rice
½ cup sugar
1 cup mongo or gabi (boiled and mashed)
¼ cup condol sweet
1 cup sugar
Pinch of salt
½ cup grated coconut

Soak malagkit and ordinary rice overnight. Grind with the least amount of water. Put in cheese cloth and subject to pressure. Then form into small round flat shapes and drop in boiling water. When they float transfer into banana leaves to be flattened. Roll them into thin small rounds and fill with mongo or ubi filling. Fry in deep hot fat.

Nilupak

1 cup green pinipig
1 cup boiled fresh casava tubers
3 bananas (ripe saba boiled)
½ cup sugar
1 cup grated young coconut

Mix all and pass thru meat grinder. Steam for few minutes and serve cool.

Maja Blanca

10 cups coconut milk from 4 mature coconuts
2 cups cornstarch
3 cups sugar
5 tsps. salt
Grated lemon rind from 2 lemons

Mix all ingredients and cook in double boiler until thick. Turn in leche flan mold to cool. Serve with latic.

Chocolate Parfait

¾ cup Refined Sugar
¾ cup water
3 egg whites, stiffly beaten
⅛ tsp. salt
3 ounces (squares) chocolate, melted
1 pint Vanilla Ice Cream

Heat sugar and water slowly to boiling point and cook until a small amount of syrup forms a soft ball when dropped into cold water. Pour syrup in fine stream over egg whites, while beating constantly. Add salt and continue beating until mixture is cool. Add chocolate and blend. Chill. Fill glasses with alternate layers of ice cream and chocolate mixture.

Ensaimadas

Scald:
½ cup milk and cool to lukewarm
Sprinkle in:
2½ tsps. Fleischmann's Active Dry Yeast
Add:
1 tsp. sugar
Stir until dissolved
Add:
½ cup flour mixed well and set aside ½ hour
Add:
¼ cup soft butter
¼ cup sugar
4 egg yolks

Beat until smooth. Add enough flour to make a soft, easy-to-handle dough. Turn out on floured board and knead until smooth and elastic. Place in greased bowl, cover and let rise in warm place, free from draft until doubled in bulk. Punch down. Divide into 8 equal portions. Roll very thin. Brush each portion with 1 tablespoon melted butter and sprinkle

with 1 tablespoon grated cheese, more or less to taste. Shape into ensaimada rolls. Place on lightly greased baking sheets or in 5-inch individual pie tins, cover and let rise in warm place, free from draft, until doubled in bulk. Bake in moderate oven (350 to 375°F.) 20 to 25 minutes or until done and golden brown.

Brush with melted butter and sprinkle generously with granulated sugar. Serve warm or cold.

Bunuelos

⅓ cup margarine
1 cup pastry flour
½ tsp. salt
1 cup boiling water
4 eggs
¼ cup sugar

Boil water, add lard and salt. Add sifted flour and stir in one direction. Cook until mixture leaves the sides of the pan clean. Remove from fire. Cool. Add unbeaten eggs one at a time. Stir after each addition. Drop by spoonfuls in deep, hot fat. Drain and roll in sugar.

Variations

Vary the Banana Tea Bread by adding your choice of the following to the egg mixture.

Banana Nut Tea Bread:
½ cup coarsely chopped nuts
Banana Date Tea Bread:
1 cup finely chopped dates
Banana Bran Muffins

Add to egg mixture 1½ cups bran. Add flour mixture and bananas alternately, blending thoroughly after each addition. Turn into well-greased muffin pans. Bake in a moderate oven (375°F.) 30 to 35 minutes, or until muffins are done. Makes 12 large or 16 small muffins.

Ham Banana Rolls

4 thin slices boiled ham (approx. ⅛ inch thick)
Prepared mustard
4 firm bananas
2 to 4 tsps. melted butter or margarine
Cheese sauce

Preheat oven to 350° (moderate oven).

Spread each ham slice with mustard. Peel bananas. Wrap each one in a slice of ham and brush banana tips with melted butter. Place in greased shallow baking dish; cover with Cheese Sauce. Bake 30 minutes, or until bananas are easily pierced with a fork. Serve hot with cheese sauce. Makes 4 servings.

Cheese Sauce

1 tbsp. butter or margarine
1 tbsp. flour
¾ cup milk
1½ cups grated sharp cheddar cheese

Melt butter in saucepan. Blend in flour, making a smooth paste. Slowly add milk, stirring constantly until thickened. Remove from heat. Add cheese and stir until cheese is melted. Makes 1 cup.

Banana Bread

8 oz. flour
3 level tsps. baking powder
½ level tsp. salt
4 oz. margarine
6 oz. sugar
2 eggs, a little milk
1 lb. ripe bananas

Sift flour with baking powder and salt onto piece of kitchen paper. Cream fat and sugar together until light and fluffy, beat in each egg well, then stir in peeled and mashed bananas. Fold in the sieved flour mixture and a little milk to make a dropping consistency. Turn into greased medium loaf tin and bake in moderate oven (375° F. — Regulo 4) for about 1¼ hours or until cooked through. If desired, this bread can be spread with 2 oz. butter well creamed with 4 oz. icing sugar and 1 banana.

Pop Corn

½ cup popcorn yields 6 cups when popped
10 cups popped corn
1 cup sugar
¼ cup water
¼ cup corn syrup
½ tsp. vinegar
1 tsp. vanilla
Pinch of salt

Boil water, sugar and corn syrup without stirring to 160°F. or until it forms into hard ball when dropped in cold water. Pour slowly over popped corn, turning with spoon to coat kernel evenly. Form into balls and let stand in cool place until brittle. Popped pinipig or popped rice can be used for a change.

Gollorias

4 cups flour
4 tbsps. cornstarch
½ tsp. salt
2 tbsps. lard for kneading
2 tsps. baking powder
4 eggyolks and 2 eggwhites
¼ cup evaporated milk

Mix all dry ingredients, add eggs slightly beaten with the milk. Knead until it forms into smooth dough. Cut into small pieces and using the end of the tines of a fork, roll the dough to form spiral shell. Fry in deep hot fat. Use caramelized sugar for coating.

Recipe For Scones

Sift together:
2 cups sifted flour
3 tsps. baking powder
1 tsp. salt
2 tsps. sugar

Cut in:
¼ cup margarine or butter until mixture looks like rice grains

Combine:
½ cup milk with egg beaten

Add liquids to dry ingredients and stir in just until dough clings together. Turn out onto lightly floured board and knead gently. Roll into a round shape ¼ inch thick. Cut into wedge shapes. Place slightly apart on baking sheet. Brush tops lightly with a little additional milk. Place in hot oven (450°F.). Makes 18 to 20 scones. Serve these delights with piping hot coffee, mangosteen preserve, mango jam and strawberry preserve, or for variety, serve with the delightful citrus honey prepared in Lipa, Batangas which is available at most cold stores and grocery stores.

Sponge Cake

¾ cup sifted flour
¼ cup starch
1¼ tsps. baking powder
4 egg yolks
3 tbsps. cold water
1 cup sugar
4 egg whites
1 tsp. lemon extract

Sift together flour, starch, baking powder and salt. Beat egg yolks until thick and light; add water and sugar gradually, beating well after each addition. Add sifted dry ingredients and stir in. Beat egg whites until stiff but not dry; fold into egg yolk mixture. Stir in lemon extract. Pour into ungreased 9-inch tube pan. Bake in slow oven at 325°F. about 50 minutes. Invest immediately on wire rack. Cool thoroughly and remove from pan.

Independence Cake

⅓ cup shortening
¾ cup sugar
2 eggs
1½ cups flour
3 tsps. baking powder
½ cup milk
1 tsp. vanilla

Cream shortening, sugar and eggs together. Mix and sift flour, baking powder and salt. Add alternately with the milk to the first mixture. Add vanilla and beat thoroughly. Bake in 2 greased layer cake pans. Cool. Put layers together with chocolate cream filling and cover top with tri-color frosting.

Chocolate Cream Filling

½ cup flour
⅔ cup sugar
¼ teaspoon salt
2 cups milk
¼ cup melted unsweetened chocolate
2 tablespoons butter or margarine
3 egg yolks, beaten
½ tablespoon vanilla

Mix flour, sugar and salt. Scald milk and add to dry ingredients, stirring while adding slowly. Add melted chocolate. Cook over hot water, stirring until thick, about 15 minutes. Add butter or margarine. Pour mixture over egg yolks, stirring constantly. Cool. Add vanilla.

Cocoa Chiffon Cake

¾ cup boiling water
½ cup cocoa
1¾ cups sifted softasilk
1¾ cups sugar
3 tsp. baking powder
1 tsp. salt
½ cup cooking oil
7 unbeaten egg yolks
1 tsp. vanilla
¼ tsp. red food coloring
1 cup egg whites (7-8)
½ tsp. cream of tartar

Mix boiling water and cocoa; stir until smooth. Cool. Sift dry ingredients into bowl. Make a well and add oil, egg yolks, cooled cocoa mixture, vanilla and coloring. Beat with spoon until smooth or with electric mixer medium speed one minute.

Beat egg whites and cream of tartar in large mixing bowl until whites form very stiff peaks. Do not underbeat. Pour into ungreased 9" square or 10 x 4" round tube pan.

Beat 55 minutes at 325 degrees, then 10-15 minutes at 350 degrees. Invert pan over neck of funnel or bottle. When cold loosen sides with spatula and remove cake.

Glorious July 4th Cake

Bake your favorite cake recipe in star-shaped cake mould of two-layer rectangular pans. Ice with seven-minutes frosting in rough swirls or petals. Have red, white and blue candles and arrange in a semi-circle in the center of the star-shaped caked. Place one small flag in the middle of the semi-circle of candles a little towards the front of the eleven candles (4 red, 4 blue and 3 white). Use a large white platter or mount the cake on a wooden platform with a frill made of lace paper doilies around it.

Christmas Spice Cake (X'mas Package)

Egg yolks, 4
Cold water, ½ cup
Salt, 1 teaspoon
Oil, ½ cup
White sugar, 1 cup
Brown sugar, ¾ cup
Cornstarch, 2 tablespoons
Cake flour, 1½ cups
Cinnamon, 1 teaspoon
Nutmeg, ¼ teaspoon
Egg whites, 4
Walnuts, cut fine, ½ cup

Beat yolks, water, and salt until light. Fold in oil. Sift sugar, cornstarch, flour, spices, and brown sugar together 6 times and fold into mixture. Fold in stiffly beaten egg whites last. If nut meats are used, add before folding in egg whites. Bake 20 minutes at 325°F. Increase to 350 F. and bake 40 minutes. Cover with Divinity Frosting. Decorate.

Christmas Fruitcake (Santa Claus)

Seedless raisins, 1 pound
Pitted dates, 1 pound
Currants, ½ pound
Candied pineapples, ½ pound
Candied cherries, ¼ pound
Citron, ¼ pound
Candied orange peel, ½ pound
Candied lemon peel, ½ pound
Blanched almonds, 1 pound
Shortening, 1 cup
Sugar, 1 cup
Eggs, beaten, 6
Chocolate, 1 square, melted (may be omitted)
Flour, 3 cups
Cinnamon, 1 teaspoon
Nutmeg, 1 teaspoon
Orange juice, ½ cup
Molasses, ½ cup

Prepare and chop, or cut in pieces the desired size, the fruits and nuts. Cream the shortening; stir in the sugar gradually, the eggs, beaten and the melted chocolate. Sift together the flour and spices, and add to the fruits and nuts, blending well; then add to the egg mixture alternately with the orange juice and molasses. Bake at 275°F. for 3 to 3½ hours. To keep the fruits moist, place a shallow pan of water on the floor of the oven during baking. Make enough marshmallow frosting to cover the cake and use for decoration.

SINGALONG-SAN ANDRES BAYANIHAN GROUP IN ONE OF THEIR PARTIES — February 14, 1954. Standing: Mrs. M. Amante, M. Adriano, C. Leviste, N. Meer, F. Alicante. Seated: Mrs. T. Guevarra, M. Vidal and M. Aro.

As an attempt to help our farmers specially those who are raising plenty of tomatoes, onions, corn and mangoes, we thought of giving these simple recipes. During the tomato season a kaing costs as low as fifty centavos; the price is so cheap that our farmers lose interest in taking them to market. So if they only knew this simple cooking of turning their produce to tomato catsup, pickles and jams, then they will have something to look forward to help their daily meals with the addition of their own farm products. So please try the following recipes experimented by Mrs. Mariquita V. Adriano.

Tomato Catsup

2½ cups ripe tomatoes
¼ cup salt
2 cups sugar
2 tbsp. mustard seeds
1 tbsp. celery seed
1 tbsp. whole all spice
2 sticks cinnamon
3 cups mild vinegar

Chop tomatoes and simmer until soft. Press through fine sieve and cook rapidly until reduced to half. Add sugar and spice (tied in bag) and boil until thick. Add vinegar if not sour to suit your taste.

Green Tomato Relish

16 cups green tomatoes (fresh)
½ tsp. black pepper
½ tsp. ground cloves
½ tsp. ground cinnamon
½ tsp. allspice
½ tsp. cayenne pepper
½ cup salt
½ cup mustard seeds
5 small onions (chopped)
4 cups sugar
2 cups vinegar

Grind tomatoes, add salt. Let stand overnight. Drain. Add onions and other ingredients. Boil for 15 minutes.

Pickled Onions

Brine solution
1½ cups salt
8 cups boiling water
2 cups vinegar
1 cup sugar

Peel onions and cover with brine solution for 2 days. Drain and put onions in jars with pepper corns, slices of pimientos, cloves and bay leaf. Cover with vinegar boiled with sugar and seal.

Cucumber And Onion Pickles

12 young cucumbers
6 onions
½ cup salt
2 cups vinegar
½ cup sugar
2 tsps. mustard seeds
2 tsps. celery seeds
2 tsps. black pepper
1 tsp. ginger

Slice cucumbers and onions. Add ½ cup salt. Cover with water and let stand 2 hours. Drain. Add other ingredients and bring to boil. Fill jars and seal.

Pickled Green Or Half Ripe Mangoes

4 cups green mangoes peeled and sliced into strips
¼ cup mild vinegar
2 cups brown sugar
2 tsp. cinnamon and cloves
Brine solution
6 cups water
½ cup salt

Boil water and salt and add the mangoes. Let stand overnight. Boil sugar and vinegar and spices and add to this mango strips and boil again. Pack in jars.

Water Melon Pickle

1 small water melon
9 cups vinegar
20 cups sugar
1 oz. cloves and cinnamon
1 oz. powdered lime

Select melon with thick tender rind. Cut off thick green skin and remove pink pulp. Cut rind in square wedges or fancy shapes and weigh 7 lbs.; cover with water in which lime has been dissolved and soak overnight. Drain, cover with fresh water. Bring to boiling point and drain again. Cook sugar and vinegar with spice bag until syrup is thick. Cook rind in syrup until tender and pack in jars.

Sinigwelas Preserve

30 sinigwelas
3 cups sugar
1 cup water

Select fresh and ripe sinigwelas. Blanch in boiling water for few minutes until soft enough to remove seeds. Make incision on upper part of the fruit; press out the seeds.

Boil in thick syrup and let stay in syrup overnight. Boil again the next day until meat is tender and sweet and of desired texture. Add more syrup if it is too dry.

Sinigwelas Pie

2 cups chopped sinigwelas preserve
2 eggs beaten
2 tbsp. butter
½ tsp. salt
2 tsp. calamansi juice
1 tbsp. pili (toasted and ground)
4 tbsp. grated cheese
¾ cup bread crumbs

Line pie plate with pastry. Fill pie plate with the mixture except bread crumbs and cheese. Cover pie with cheese and bread crumbs wet with melted butter. Bake in moderate oven.

Jalea De Patani

4 cups patani
1 cup ground pili
2 cups milk
4 cups sugar

Boil patani seeds and remove peelings. Boil again with the milk until soft and mash it very well. Add sugar and ground pili and cook until thick. Use butter if pili is not available. Pack in wax paper like the mansapan and add cherry wine for flavor.

Pitted Sinigwelas

Select fresh and ripe sinigwelas. Blanch in boiling lejia for few minutes. Make slit on the upper portion of the fruit and press out the seeds. Dry in sunlight with wire cover to prevent flies. When dry roll in sugar mixed with flour and dry in slow oven.

Guava Sweet

Select fresh and ripe guavas. Peel and remove seeds. Drop in cold water with little lime dissolved in it. Let stay for one hour then wash and drain. Make syrup of 2 cups sugar and one cup water and cook the guavas

in it for ten minutes. Then let it stay in the syrup overnight. The following day cook again and add more syrup if it is too dry. Do this for about six days. When meat of guava is already sweet and of desired texture seal in sterilized bottle.

Guava Jelly

4 cups juice of guava **2 cups sugar** **6 tbsp. calamansi juice**

Boil freshly picked ripe guavas in enough water to cover the fruit. When soft mash and boil again. Strain the juice thru a fine sieve. Add the sugar and calamansi juice and boil over strong fire. Lower the fire when juice starts to thicken. Pour into jelly jars while it is hot.

Membrillos De Guava

Out of the crushed pulp after having taken the juice for the jelly, pass the pulp through a sinamay cloth and with the help of your finger squeeze out the pulp. For every cup of pulp add ¾ cup of sugar and 2 tablespoons of calamansi juice. Cook until thick. For a change you can add ½ cup of ground pili in the mixture and masapan de guava will be in your recipe. Add sherry wine for flavor. Turn on wax paper to cool and mold it as of masapan in boxes or in any form you like.

Guava Preserve

30 ripe guavas **1 cup water**
3 cups sugar **1 tsp. lime juice**

Select fresh and ripe guavas. Peel and cut into four lengthwise. Remove seeds. Boil until meat is tender. Put in a colander to remove water. Boil in the syrup for ten minutes. Let stay in the syrup overnight and boil again the next day until guava is sweet and of desired texture. Add lime juice in your second cooking.

Singcamas Sweet (In Fan Shape)

10 singcamas medium size **3 cups sugar** **1 cup water**

Boil singcamas until tender. Peel and cut into four parts. Again slice partially each piece into thin slices taking care to leave the upper portion intact, so that when cooked when you spread the slices will form into fan like shape.

Boil the singcamas in syrup for ten minutes. Let stand in syrup overnight. Boil again the next day until it is already sweet and of desired texture. Remove singcamas from syrup and boil syrup until it threads when dropped from tip of the spoon. Add to this the singcamas and cook until it caramelizes. On a piece of wax paper spread each piece into fan shape by spreading the slices. Put in sunlight or inside slow oven to dry.

Dayap Or Calamansi Preserve

Make four slits in each fruit lengthwise. Cook the fruit until transparent. Soak in cold water for several days squeezing each lemon to remove seeds and some of the juice.

Cook in thick syrup for few minutes. Let stand in the syrup overnight and cook again the next day until of desired consistency. If you want it dry, cook syrup until it threads. Then dry in slow oven.

Santol Preserve

30 santol **6 cups sugar** **3 cups water or pineapple juice**

Blanch or boil santol until tender. Peel and cut into desired shape. Remove seeds. Have ready some rice water and soak it in overnight. The next day wash it very well and pour boiling water. Cook in pineapple syrup for about ten minutes. Let stand overnight and cook again the next day. Do this for 3 consecutive days. Add more syrup if it is too dry.

Membrillos De Santol

30 santol
5 cups sugar
1 cup ground pili nuts
Sherry wine for flavor

Boil santol until soft. Peel and cut into pieces. Remove seeds. Soak in rice water overnight or until it is no longer sour. Wash and pour boiling water over it. Grind in meat grinder. Mix with sugar and pili nuts and cook until thick. Add sherry wine for flavor, pack in wax paper as of masapan style.

Green Corn Packed In Cartons Ready For Freezing

Keep stewed green corn in cartons inside freezer ready for the following recipes:

Corn Soup
Corn Fritters
Halo-halo with Corn
Baked Green Corn
Corn Tid-Bits

Cut kernel from cob
4 cups corn
2 cups water
1 tsp. salt

Cook in pressure cooker for 65 minutes, or in double boiler. When cooked pack in cartons ready for your freezer.

Salted Duck's Eggs

12 eggs **4 cups salt** **6 cups water**

Boil water and salt. Strain and cool in a glass container. Immerse the eggs in the salt solution and place some broken plate or any kind of weight to prevent from floating. Try eggs after 15 days. If it is not salty enough to suit your taste, continue soaking for few days more.

Crab Adobo

10 female fat crabs with aligui
2 segments ginger (native luya peeled and cut into strips)
2 heads garlic (peeled and cut into strips)
3 native dayap
6 tbsp. patis
6 tbsp. lard

Select all female heavy crabs. Be sure to get those with aligui. Wash and scrub each very well to remove mud. Cut the body into halves and split open by removing the covering. Remove gills, cut finger tips. Separate the big claws and pound them to break the hard shell covering. Remove carefully the aligui, taking care not to include the intestines and black parts. Put the aligui in double boiler. This will be the sauce for the adobo.

Heat lard and fry the garlic and ginger. When almost done add the body of the crabs. Add patis and little water and cook until crab is well done.

Crab Sauce

Beat the aligui inside double boiler, add lemon juice and butter or lard. Add salt to taste and cook, stirring constantly until it coats on the tip of the spoon. Be sure not to overcook it.

Home-Made Ham

1 pig's leg, preferably the hind leg weighing about 5 kilos
4 cups native salt
1 cup water
1 tbsp. potassium nitrate (salitre)
1 tbsp. sugar
Few drops of oil of clove

Boil water, salt and sugar. When cool add salitre and oil of clove. Clean and trim the pork leg. Remove bones if you want it boneless. Inject with the above solution in all thick parts of meat. Once injected the leg is ready for salting.

15 tbsp. native coarse salt, pounded **12 tbsp. sugar** **1½ tbsp. salitre**

Mix the above ingredients very well and apply thoroughly inside and outside of the leg. Place the treated pork leg in the refrigerator at a temperature of about 38°F. for 15 days. After this period if it is getting too dry resalt with same amount of sugar and salt minus the salitre and return to refrigerator for another 10 days. After 25 to 30 days it is ready for cooking, using the following ingredients.

6 bottles of true orange or pineapple juice, 1 can (big size)
1 cup sugar
1 bottle San Miguel Beer
½ cup Kikoman sauce
2 laurel leaves (if desired)
⅓ cup white wine (to be added when cooking is nearly done)

Wash and clean the pork leg. Scald in boiling water to remove excess salt. Simmer in the above mixture until soft. Add wine last. When cool remove skin and spread all parts with brown sugar. Sear with a flat iron (in Tagalog we call it SIANSI) heated until it is glowing hot.

MARIQUITA V. ADRIANO

SLIMNASTICS CLASS PROVIDING A NUMBER FOR CLUB'S PARTY held at Mrs. Adriano's residence, March 20, 1955.

From left, seated: Mrs. F. Alicante, M. Adriano, L. Kalaw, M. Aro. Standing: M. Vidal, N. Meer, C. Leviste, M. Amante and T. Guevarra.

Favorite Recipes

Contributed by

Prominent Ladies of the Community

Chicken Adobo With Mushrooms

1 medium size chicken cut into serving pieces
2 cloves garlic
¼ cup vinegar
1 tsp. salt
10 pepper corns
1 can mushrooms
3 tbsps. fat
1½ cup water

1. Combine together chicken, garlic, vinegar, salt, peppercorn and water.
2. Allow to boil until chicken is tender.
3. Remove remaining sauce and fry chicken until brown.
4. Return back the sauce and lastly add mushrooms.

Mrs. LUZ B. MAGSAYSAY
Wife of former Pres. Magsaysay

Fried Chicken

1 kilo frying chicken disjointed
¾ cup shortening
3 eggs
2 cups bread crumbs
¼ tsp. freshly ground pepper
1 cup beer
2 tsp. salt
¼ cup lemon juice
½ cup olive oil

Make a marinade of the oil, lemon juice, beer, salt and pepper. Marinade the chicken for four hours. Drain and dry the chicken. Beat the eggs, add salt. Dip the chicken first in the eggs and then the bread crumbs, coating the pieces well. Heat half of the shortening in a skillet and fry the chicken over low heat until tender and browned.

Mrs. TRINIDAD LEGARDA
Ambassador to South Vietnam

Chicken or Turkey Left Over

6 cups minced chicken or turkey
1 cup grated cheese
12 slices bread loaf, trimmed and buttered
½ cup chicken broth
½ cup beer
2 tbsps. butter (melted)
1 cup bread crumbs
3 tbsps. minced parsley
1 tsp. ground pepper

Toast bread slices and butter them one by one. Line baking dish with the toast. Mix the broth, cheese, butter, pepper and parsley, together with the chicken. Spread mixture between slices of bread in three layers. On top spread bread crumbs and butter and pour beer on top before baking. Bake until brown on top.

Glazed Meat Loaf

½ kilo ground beef
½ kilo ground pork
¼ cup bread crumbs
3 tbsps. minced onions
2 tbsps. green pepper (minced)
1 tbsp. minced parsley
1 egg yolk
2 tsps. mustard
1½ tsps. salt
¼ tsp. nutmeg
¼ tsp. thyme
1 cup brown sugar
½ tsp. pepper
1 cup beer

Dissolve the brown sugar in ¼ cup of beer; add mustard and boil for two minutes. Reserve for basting.

Mix all the ingredients and shape into a loaf and place in a baking pan. Bake in a moderate oven for an hour. When meat is almost done pour the basting mixture over the loaf and continue baking, basting frequently until top is glazed. Serve hot.

Pork Cubes In Sweet-Sour Sauce

1 kilo tender pork meat
3 tbsps. cornstarch
1½ tbsps. soy sauce
¾ cup vinegar
½ cup brown sugar
1½ cup chicken broth
½ tsp. ground ginger
4 green peppers (cut into strips)
2 cloves minced garlic
¼ cup beer or wine (optional)
½ cup flour
2 eggs
1 tsp. salt
¾ cup salad oil
2 cups pineapple chunks
½ cup pineapple juice

Cut pork into cubes half inch thick. Mix flour, salt and the beaten eggs. Dip the pork in the mixture before frying. Heat oil and drop pork cubes one piece at a time. Brown each piece on all sides. Remove fat and add garlic, broth and the green pepper. Cover and cook over low heat for ten minutes.

Mix ginger, cornstarch, soy sauce, vinegar, sugar, pineapple juice and the remaining broth. Add all to the pork, stirring continuously and cook for few minutes more. Add the pineapple chunks last.

Baked Pigeon

4 pigeons
1 tbsp. salt
½ tsp. ground pepper
2 cloves minced garlic
4 small white onions
8 sprigs parsley
4 slices bacon, minced
½ cup diced onions
¼ can mushrooms (sliced)
1 small can tomatoes
½ tsp. thyme

Clean, wash and dry the pigeons. Season with mixture of pepper, salt and garlic. Place an onion and sprigs of parsley inside each pigeon. Cook bacon slightly in a casserole. Brown the pigeons in bacon fat over high heat. Add the onions and mushrooms and continue browning. Add the tomatoes and thyme. Cover and bake until pigeons are tender.

Mrs. PAZ G. ROMUALDEZ

Kinilaw

One white fish
Vinegar or calamansi
Salt
One green pepper
Ginger
Hot ground pepper

Clean fish and flake. Then soak in vinegar with salt. Change soaking solution until the solution stays very clear and fish looks cooked. Serve with slices of green pepper and ginger. Season with pepper. Serve.

Pinakbet

½ kilo Pakpak (roasted head of pork)
3 talong
2 ampalaya
8 okra
½ cup bagoong
Other vegetables as desired

Cook in a palayok, putting the cut pieces of pakpak first. Then the bagoong and lastly the vegetables. Cover and cook in a moderate fire. Serve while hot.

Mrs. IMELDA ROMUALDEZ MARCOS

Broiled Pig's Feet

3 pig's feet
1 onion
2 cloves garlic
2 tsps. salt
⅛ tsp. pepper
1 bay leaf
2 tbsps. vinegar
3 cloves
2 tsps. dry mustard
¼ cup salad oil
¼ cup bread crumbs
¼ cup beer

Choose tender and well cleaned pig's feet. Have them split in half lengthwise. Pour boiling water over them and scrape thoroughly.

In a deep casserole combine the feet, onions, garlic, salt, pepper, bay leaf, and cloves with water to cover. Bring to a boil; cover loosely and cook over medium heat 3 hours, or until tender. Drain.

Arrange the feet in a shallow baking pan, cut side down. Mix together the mustard, oil, bread crumbs, and beer, adding just enough to make a spreadable mixture. Spread on the feet. Broil 5 inches away from heat until browned and crisp. Serve with pickles, mashed potatoes and beer.

Lengua Con Almendras

1 big tongue about 2½ kilos
1 bay leaf
1 onion
1 clove garlic
1 tbsp. sugar
1 tbsp. water
2 tsps. salt
1 cup beer or wine
2 tbsps. brown sugar
½ cup seedless raisins
1½ tbsps. cornstarch
¼ cup sliced, blanched almonds
2 tsps. grated lemon rind

Boil tongue with enough water to cover. Add garlic, onions, salt, bay leaf and cook until tender. Drain, reserving the stock. Remove skin and root of tongue. In a separate pan cook the sugar and water until it caramelizes, stir in the reserved stock, beer, sugar and raisins. Mix the cornstarch in a little water and add, stirring constantly. Slice the tongue and heat in the sauce. Add almonds and lemon rind before serving.

Mrs. CONCEPCION V. ROMUALDEZ

Chicken With Pineapple Sauce

1 med. size chicken
4 segments of clove
10 grains of pepper (whole)
1 tbsp. soy sauce
1 bay leaf
1 inch leaf cinnamon stick
3 cups water
¼ cup vinegar
2 big ripe tomatoes chopped
1 onion chopped
Bread crumbs
4 slices pineapple cubed
Vetsin

Dress chicken and cut into serving pieces. Add the first seven ingredients and boil till tender. Set aside. Saute garlic and chopped onions and tomatoes. Put the chicken without the sauce. Add a little water and boil for some time. Add the sauce together with the pineapple cubes. Thicken the sauce with bread crumbs.

Pinakbet With Sitcharon

Few slices Ilocano sitcharon (with meat)
3 ripe tomatoes chopped
1 big onion chopped
Ginger few slices
1 big camote
8 med. size round eggplants
5 small ampalaya
4 tbsps. bagoong sauce
½ cup water

Quarter the eggplants and ampalaya. Peel the camote and cut it into cubes. In a native pot put together the chopped tomatoes, chopped onions, ginger. slices of sitcharon, camote cubes, bagoong, and ½ cup of water. Let boil for a few minutes, then add the eggplants and ampalaya. When mixture boils get the pot from the fire and toss it lightly to mix the ingredients. . Return the pot to the stove. Boil till the vegetables are just done, retaining their green color.

Mrs. DEDICASION AGATEP REYES
Ilocos Sur Rep., 2nd District

Bañgus Sardines

by Mayor Arsenio Lacson

8 small bangus (not scaled)
1½ small bottles olive oil
1 tbsp. pepper corns
¾ cup rum
½ cup water
Dill pickles sliced crosswise ¼" thick
1 bay leaf
Siling labuyo
Carrot slices

Clean the bangus and cut off the heads diagonally. Arrange the clean bangus in the pressure cooker. Sprinkle enough rock salt. Arrange the siling labuyo on top of the bangus. Add water and rum. Sprinkle pepper corns. Add bay leaf and arrange the pickles and carrot slices on top. Pour enough olive oil to cover the bangus. Cover and cook for 45 minutes — 30 minutes at high temperature and 15 minutes at low temperature.

If you want to make the dish more fancy add a few drops of kikoman soy sauce, calamansi juice and about ½ cup of tomato sauce.

Turkey With Chocolate Sauce

5 to 6 kilos turkey
4 tsps. salt
½ cup olive oil
3 green peppers
6 cloves garlic
1 slice toasted bread
¼ cup peanut butter
1 can tomatoes 1-lb. size
½ tsp. cinnamon
2 tbsps. chili powder
¼ tsp. ground pepper
2 squares unsweetened chocolate
3 cups broth

Cut turkey in serving-size pieces. Cook in water to cover, season with salt and cook for about 1½ hours. Drain, reserving the stock. Dry the turkey and brown in ¼ cup olive oil. Place in a casserole. Grind together the green peppers, garlic, toasted bread and tomatoes. Blend with cinnamon, chili powder, pepper, grated chocolate and the peanut butter. Add salt to taste. Cook in remaining oil, stirring continuously. Add 3 cups of stock and pour over the turkey and cook over slow heat until turkey is tender.

Stuffed Ham

2 slices ham, 1 inch thick
½ cup onions
¾ cup seedless raisins
1 tsp. salt
½ cup beef broth
1½ cups bread crumbs
4 tbsps. butter or margarine
1 tbsp. cornstarch
2 tbsps. calamansi juice
½ cup water
¼ cup brown sugar
¾ cup orange juice
⅛ tsp. ground pepper

Saute onions in butter, add bread crumbs, salt, ½ cup raisins, pepper and broth. Spread between the two slices of ham and facten with toothpick. Bake in slow oven for half an hour.

Mix water, calamansi juice, sugar, orange juice and the remaining raisins. Pour over ham and bake half an hour longer, basting frequently. Remove toothpick and cut before serving.

Mrs. MILAGROS R. ABELLA

Old-Fashioned Pakam

by Alfonso Calalang,
President, Security Bank

1 chicken
2" ginger
1 big onion
6 cloves garlic
½ tsp. black pepper
3 to 5 cups water depending on size and age of chicken
1 big ripe tomato (boiled and peeled)
3 tbsps. lard
1 tbsp. patis
3 tbsps. vinegar
1 tsp. salt

Cut the dressed chicken into convenient pieces. Add the indicated amount of water, vinegar, salt, and ginger. Boil the mixture until the chicken reaches the desired tenderness.

In a skillet, saute fine ginger stips, garlic, onion and tomatoes. Throw in next the pieces of the boiled chicken. Add patis to taste and sprinkle with powdered black pepper. Then pour the chicken stock and leave to boil for another five minutes. Serve hot.

Chateau Briand

1½ k. big potatoes
1 loaf whole cream bread
2 pcs. tenderloin (350 gms. pc.)
Salt
Pepper
Olive oil
Worcestershire sauce

Peel the potatoes. Cut into strips ½" by 2" long. Fry in cold oil until soft. Just before serving, fry in hot oil for 3 minutes or until crispy. Remove crust of whole loaf. Cut into 4 long pieces. Then half each piece to make 8 pieces. Fry these in hot oil until golden.

Arrange these on a platter one on top of the other. Season the tenderloin with salt and pepper. Grill. Add combined oil and Worchestershire sauce. Serve on top of the fried bread pieces for 6.

Potato Pork Pie

½ kilo ground lean pork
2 pcs. chorizo de Bilbao
20 pcs. green olives (pitted & chopped)
½ cup raisins
¼ kilo cooked ham chopped
2 tbsp. Planta
1 onion chopped
1 cup tomato sauce
½ cup stock
Salt and pepper to taste

Saute onions in Planta, pour tomato sauce and simmer for 5 minutes. Add ground pork, chorizo de Bilbao, ham, green olives, raisins. Season with salt and pepper. Cover and cook on medium flame. Add stock as needed. When cooked, transfer to pyrex dish. Prepare mashed potatoes.

Mashed Potatoes

½ cup boiled potatoes
¼ cup margarine
1 tsp. salt
½ cup hot evaporated milk

Mash potatoes while hot, add margarine and season with salt. Beat in hot milk and spread mashed potatoes on top of cooked mixture. Garnish with catsup or tomato sauce. Bake for 10 minutes and serve.

NORA V. DAZA
Director
Manila Gas Cooking School

Arroz A La Cubana

½ kilo ground beef
1 small can peas
2 pieces diced potatoes
½ clove minced garlic
4 medium tomatoes sliced
¼ cup soy sauce
¼ cup lard
4 saba bananas, sliced and fried
4 fried eggs

Saute garlic, onions, and tomatoes. Add soy sauce and water and bring to a boil. Add the ground beef and cook until the meat is tender. Add salt to taste. When meat is tender, add potatoes which have been diced, when cooked, add drained peas. Remove from heat.

Mold rice with a cup for each individual serving. Place some of the cooked meat on the side together with some of the fried bananas. Fry eggs and set on top of molded rice.

Mrs. AURELIA MALVAR LEVISTE
Wife of Governor Leviste of Batangas Province

Beef And Vegetable Stew

1 kilo beef, cut into 1 inch cubes
4 tbsps. butter or margarine
1 regular size onion sliced
3 cloves garlic minced
½ cup tomato sauce
1 cup fish or canned corn kernel
1 cup evaporated milk
2 cups water
1 small can peas
1 regular size carrot cut in small cubes
½ tsp. pepper
3 pieces potatoes, sliced in regular squares
Salt to taste

Saute garlic, onion, and tomato sauce in saucepan. Add the pieces of beef, pepper, salt, water and milk. Cover and cook over low heat for 1 hour until beef is tender, stirring frequently. Remove cover and add the potatoes and carrots. Cover and cook for 15 minutes or until potatoes and carrots are tender. Add corn and peas, and boil 5 minutes longer. Serve hot.

Adobo

¼ kilo lean pork
¼ kilo pig's heart
¼ kilo pig's kidney
2 cloves garlic, crushed
1 tbsp. salt
2 tbsps. peppercorn, ground
⅓ cup vinegar
2 cups water
¼ kilo pig's liver

Place pork, kidney and heart in a saucepan. Add garlic, salt, pepper corn, vinegar and water; cover; cook over low heat until tender.

Brown pork, kidney and heart in a hot skillet, push to the side.

Saute garlic in pork fat. Mash 1 or 2 pieces of liver to thicken the sauce. Add liver and remaining liquid. Simmer. Serves 6.

Shrimp Lumpia

½ cup ground pork
½ tsp. salt
⅛ tsp. pepper
1 tbsp. green onion leaves (chopped)
12 big shrimps
12 lumpia wrappers
Cooking oil

Season ground pork; add green onion leaves; combine well. Remove the shells of the shrimps, leave the tails intact. Open the back of each and fill with 1 teaspoon of stuffing. Wrap in lumpia wrappers and fry in deep hot fat. Serve hot for 12.

Mrs. PELAGIA VIRAY-AGUILAR

Carrot Soup

3 tbsp. margarine
1 tbsp. chopped onion
1½ cups shredded carrots
3 tbsp. cornstarch
1 tsp. salt
⅛ tsp. pepper
3 cups milk (half and half)

Melt margarine in top portion of double boiler. Add onion. Cook until tender. Add the carrots and cook. Then add salt and pepper to cornstarch and blend. Disperse cornstarch mixture in a little amount of milk; then add to rest of milk. Pour over the sauteed onions and carrots. Cook until slightly thickened stirring constantly. Serve hot for 6.

Dutch - Oven Dinner

3 tbsp. fat or salad oil
1 lb. chuck, ground
1½ tsp. salt
¼ tsp. black pepper
1 cup sliced onions
1 chopped green pepper
1 12-oz. can vacuum-packed whole-kernel corn
1 3-oz. can sliced mushroom, undrained
½ lb. medium noodles
1 cup grated natural American cheese (¼ lb.)
1 No. 2½ can tomatoes (3½ cups)
Grated Parmesan cheese

In hot fat in Dutch oven, cook beef, stirring, about 10 minutes. Stir in salt, next 5 ingredients. Top with uncooked noodles, sprinkle with 1 cup cheese; pour tomatoes over all. Simmer, covered, 1 hour. Serve with grated Parmesan. Makes 8 servings.

Chicken Relleno

1 big chicken
2 cups ground pork
2 pieces Chorizo de Bilbao chopped fine
1/3 cup grated cheese
2 sweet pickles-chopped fine
1 cup of raisins
1 cup sweet peas
1 cup tomato sauce
3 tbsps. calamansi juice
2 hard-cooked eggs
4 raw eggs
2 tbsps. margarine
2 cloves garlic, crushed
3 medium-size onion finely chopped
Salt and pepper to taste

Prepare chicken for stuffing. Remove all bones, leaving skin, wings and legs untouched. Soak in calamansi and soy sauce for about 30 minutes. Saute the crushed garlic, finely chopped onion, tomato sauce, mix-ground pork, chorizos, ham, cheese, pickles, peas and raisins. Then place in a container to cool and break the 4 raw eggs, mixing thoroughly. Stuff chicken with all mixture and place the 2 hard boiled eggs in the center of the mixture. Close up opening with a needle and thread by sewing. Then wrap the chicken with a piece of cloth or gauze and tie the ends with a piece of string. Place the wrapped stuff chicken in a casserole and boil in chicken soup until tender. Remove chicken from soup and fry in deep hot fat. Boil the remaining chicken soup until thick for sauce.

Mrs. GLORIA MUTUC TIANGCO

Caldereta of Goat, Lamb or Meat

2 lbs. meat or any of the above-mentioned
1 bottle green cliver (5 oz.)
½ lb. pig's liver or goat or lamb
2 big sized onions pounded
1 big head garlic pounded
10 corns of labuyo pepper or more if desired
1 bottle pure olive oil or 500 grms.
Calamansi juice or dayap
Pepper pounded
½ cup vinegar
½ cup pounded peanuts or almonds if available

Cut the meat into squares or to about 2 to 2½ inches thick. Soak for 2 hours in calamansi juice and pepper (pounded). Then fry in deep fat or in olive oil. Saute the garlic and onions and mix fried meat. Mix the pounded liver with the vinegar and mix into the meat. Then add the olives and pepper and cook slowly until tender and serve hot.

If sauce is not thick enough, add pounded peanuts or almonds until the desired consistency is reached.

Mrs. NELLY ATIENZA

Prawns Thermidor

8 prawns
½ cup margarine
1 onion, chopped
½ cup mushrooms, diced
½ cup celery, diced
2 tbsps. flour
1 tsp. salt
1 cup evaporated milk
1 egg yolk (slightly beaten)
1 cup grated cheese
2 tbsps. Sauterne (optional)
½ cup buttered bread crumbs
Calamansi juice
Paprika
Camia oil

Slice prawns in halves, wash and drain. Squeeze calamansi juice on prawns. brush with Camia oil. Broil for 5 minutes or until flesh turns pink. Remove meat and dice. Set aside. Saute onions in margarine. Then add celery and mushrooms. Saute for a few minutes. Add prawn meat. Blend in flour and salt. Add milk stirring constantly. Stir in a little of the mixture. Add cheese leaving some for the topping. Stir in Sauterne. Remove from fire and correct seasoning.

Pile into shells. Top buttered crumbs with remaining cheese, sprinkle paprika. Bake for 15 minutes at 375°F. Then transfer to broil for a few minutes or until top is golden brown.

Chicken-Rice Ring

1 cup cubed chicken
½ cup cubed ham
6 — 8 pcs. sausage
2 tbsps. Planta
1 tbsp. chopped onion
1 cup tomato sauce
1 tbsp. chopped sweet green pepper
1 cup stock or bouillon

Saute onion in Planta. Add cubed chicken and ham; pour in tomato sauce and stock and allow to simmer. When flavors are well blended, add sausage and chopped green peppers. Prepare Rice Ring.

Rice Ring

¾ cup hot cooked rice
¼ cup margarine
2 tsbps. chopped parsley

Melt margarine in hot rice. Mix in chopped parsley and press into ring mold. Turn rice ring into pie plate and spoon cooked chicken into the middle. Garnish with native white cheese and broil or bake. Serve with sauce from chicken recipe.

Bunuelos De Viento

1 cup sifted all purpose flour
¼ tsp. salt
½ lb. margarine
1 cup boiling water
4 eggs
Oil for frying

Sift together flour and salt. Put water and margarine in saucepan. Bring to a brisk boil. Add flour all at once, stirring constantly until mixture forms a ball and leaves the sides of the pan. Remove from heat.

Add eggs one at a time beating well after each addition.

Drop moderately hot oil by spoonful. Fry until golden brown. Drain in absorbent paper. Serve with syrup.

Mrs. ALICE VILLAREAL ROCES
Wife of Former Vice Mayor Roces

Delicious Cookies

1¼ cups butter
1 cup sugar
2 eggs
3¼ cups sifted flour
½ tsp. vanilla

Sift dry ingredients. Cream butter and sugar until very well mixed. Add the whole eggs one at a time. Add the vanilla and fold in the flour. Bake in moderate oven.

Pinipig Pudding

2 cups pinipig
1½ cups evaporated milk
3 tbsps. melted butter
5 yolks
1 cup sugar

Mix sugar and pinipig, then pour the milk and let stand for 30 minutes, then add the unbeaten yolks and last, the melted butter. Bake for 40 minutes in 350° until slightly brown. Use square pan with wax paper.

Casoy Cookies

½ cup butter
1 cup sifted flour
3 tbsps. powdered sugar
½ cup casoy nuts or 1 cup
1 tsp. vanilla

Cream the butter, add the powdered sugar and blend well. Add the flour slowly and mix thoroughly. Fold in the nuts. Shape into small horse shoe about the size of small finger. Place on greased baking sheet and bake in 350° for about 20 minutes. Roll in powdered sugar while warm.

Mrs. ADORACION SAMIA

Menudo

½ kilo pork
½ kilo chicken liver
½ kilo chicken gizzard
3 pieces Chorizo de Bilbao
3 pieces Sausages
1 cup garbansos
½ cup chopped tomatoes
1/3 cup calamansi juice
3 medium size potatoes
cut into rectangular size
about 1 inch long
2 medium size red pepper
cut lengthwise, around
1 inch long
5 tbsps. soy sauce
½ cup margarine or lard
1/3 cup crushed garlic
½ cup onion sliced fine
Salt to taste

Cut the pork, liver, gizzard, sausages, chorizo de bilbao into cubes and soak in soy sauce and calamansi juice and water. Saute the garlic, onions, chopped tomatoes in margarine or lard. Add a little salt to taste, and add the pork, liver, and gizzard. Boil until half tender and then add the garbansos, red pepper, potatoes, sausages and chorizo de bilbao. Cook until tender, making the soup thick.

Mrs. GLORIA MUTUC TIANGCO

Fruit Cake

1½ cups sifted flour
¾ tsp. baking powder
¼ tsp. baking soda
⅛ tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
¾ cup chopped candied fruit
¼ cup seedless raisins
¾ cup brown sugar
1 egg
1 cup beer
¼ lb. butter
¾ cup chopped pili or casuy nuts

Sift together the flour, baking powder, soda, salt, cinnamon, ginger, and nutmeg. Mix the fruits, raisins, and nuts with a little of the flour mixture.

Cream the butter, gradually adding the brown sugar, then the egg. Beat until light and fluffy. Add a little of the flour mixture alternately with the beer, mixing lightly. Blend in the fruit-nut mixture. Turn into a buttered loaf pan.

Bake 1 hour in moderate oven. Cool before turning onto a cake rack. Serve the next day.

Sweet Potato Pudding

3 cups mashed sweet potatoes
¾ cup sugar (brown)
¼ cup molasses
½ tsp. salt
¼ tsp. nutmeg
1 tsp. cinnamon
½ tsp. ground ginger
3 eggs, beaten
2 tbsps. melted butter
¾ cup beer
¾ cup heavy cream
2 tsps. grated orange rind

Mix and beat all the ingredients together until smooth and fluffy. Turn into a buttered baking dish and bake in 350° oven for about an hour. Serve warm.

Baked Sweet Potatoes

6 boiled sweet potatoes
½ tsp. salt
1 tsp. grated orange rind
½ cup brown sugar
¼ tsp. nutmeg
½ cup beer

Peel and cut into quarters the boiled potatoes. Arrange in a shallow baking pan. Mix the sugar, beer, salt and nutmeg in a saucepan and cook over slow fire until thick. Pour over the potatoes and bake until brown.

Syrup For Hotcakes Or Pan Cakes

½ cup beer
½ cup brown sugar
2 tbsps. butter
½ cup orange juice
2 tsps. grated orange rind

Mix all ingredients and cook until mixture is thick. When cool keep inside refrigerator ready for your breakfast. Serve with hotcakes.

MARINA FRANCISCO

Stuffed Agachonas

8 agachonas
¼ kilo ground pork
2 tbsps. butter
1 cup sliced Spanish sausage
3 tbsps. olive oil
2 tsps. salt
½ tsp. pepper
2 cloves garlic minced
¼ tsp. thyme
1 bay leaf
1½ cups chicken broth
4 tbsps. margarine or olive oil
2 cups minced onions
½ square unsweetened chocolate grated

Wash and clean very well the agachonas. Season with salt and pepper. Saute onions and pork in butter, add garlic and sliced sausage. Stuff the birds. Heat oil in a casserole and brown the agachonas. Add half of the remaining onions and garlic and other seasonings. Add broth and cover. Cook until birds are tender.

ROSIE OSMEÑA VALENCIA

Tortilla De Camaron

½ kilo raw shrimp, shelled and deveined
4 tbsps. salad oil
2 tbsps. soy sauce
¼ cup thinly sliced green onions
¼ cup thinly sliced celery
½ cup bean sprouts
8 eggs
2 tbsps. beer or wine
¼ cup water
1 tsp. salt

Wash and dry the shrimp. Shell and remove back vein before chopping. Heat 2 tbsps. oil in a skillet; saute the shrimp, stir in the soy sauce, then the onions, celery and bean sprouts. Cook for 3 minutes stirring constantly. Remove from heat.

Beat together the eggs, beer, water, and salt. Heat the remaining oil in a skillet. Pour the shrimp-vegetable mixture over the eggs and fold. Turn over on both sides folding two ends and cook until delicately browned on both sides. Serve while hot.

Mrs. LORETO ROMUALDEZ RAMOS

Tartaleta De Platano

1½ cups flour
½ cup butter
4 to 5 tbsps. cold water
½ tsp. salt
½ tsp. baking powder

Sift flour before measuring. Mix flour, salt and baking powder and sift again. Add cold water to form a paste. Chill in the refrigerator. After one hour roll and line pie plate and bake.

Filling

2 cups milk
2 tbsps. cornstarch
¾ cup sugar
2 yolks of eggs
¼ tsp. salt
½ tsp. lemon rind
3 bananas

Mix sugar, salt and cornstarch, add milk and cook in double boiler. When thick add the yolks of eggs and lemon rind. Stir and cook again for few minutes. Put aside to cool.

Cut bananas into rounds and line the bottom of pie plate. Cover this with the prepared filling and on top of it the merengue. Bake until merengue is golden brown.

Merengue

2 whites of eggs
4 tbsps. sugar
1 tsp. lemon juice

Beat egg whites until stiff, adding sugar little at a time. Add lemon juice when egg whites are already beaten very stiff. Spread on top of the filling and bake until golden brown.

Mrs. CAROLINA GOZOM
Wife of the Director, Bureau of Mines

Azado De Carahay

1 kilo pork or one whole hen, or one whole rooster
2 tbsps. salt
⅓ cup toyo
2 cups vinegar
5 onions cut in four pieces each lengthwise
3 leaves of laurel
1 cup sugar
1 cup Mayon lard
2 cups water

Cut the pork into two pieces (like the shape of a big size cow's tongue). Mix all the ingredients. Place the mixture in a casserole with a woven bamboo at the bottom. This webbed bamboo network is called asad in Tagalog.

Cook in high fire till it boils. Then add one kilo potatoes when getting tender. Decrease the heat to medium till lard comes out. Remove when tender.

MRS. AURELIA MALVAR LEVISTE
Wife of Governor Leviste of Batangas Province

During the Pax Romana Convention in Manila, Jan. 8, 1960 at the San Juan de Letran Gymnasium.

Participants were: Mrs. M. Adriano, Mrs. F. Alicante, Mrs. N. Meer, Mrs. C. Donato, Mrs. C. Leviste, Mrs. N. Pilares, Mrs. L. Laico, and Mrs. J. Torres.

CHINESE DISHES

Pork Chow Mein

2 tbsps. butter or margarine
2 cups cut-up, cooked pork
2 cups thinly sliced celery
1½ cups sliced onions
2 cups boiling water
2 chickens — bouillon cubes
⅛ tsp. pepper
1 No. 2 can mixed Chinese vegetables, drained
1 3-oz. can mushrooms, drained
2 tbsp. cornstarch
3 tbsp. soy sauce
2 cups hot cooked white rice
1 3-oz. can chow-mein noodles

In hot butter in skillet, saute pork until lightly browned. Add celery, onions, pepper, boiling water, bouillon cubes. Cook, covered about 10 minutes. Add Chinese vegetables, mushrooms. Mix cornstarch with soy sauce; add to hot mixture, stirring constantly. Simmer 2 minutes or until slightly thickened. Serve over rice with chow-mein noodles. Makes 4 to 6 servings.

Chicken Slices With Mushrooms

½ cup fresh mushrooms
1 tbsp. cornstarch
2 tbsps. water
1 tbsp. sherry
1 tbsp. salt
2 tbsps. soy sauce
3 tbsps. lard
White meat of one large chicken or two small ones about 1 lb.
1 scallon or 1 small sweet onion
2 or 3 slices fresh ginger

Cut chicken white meat into thin slices. Mix with the cornstarch, water, sherry, salt, chopped onion, and ginger. Wash the mushrooms and cut them vertically into slices. Heat 1 tablespoon lard in a skillet, put the mushrooms in, add the sauce and stir. Fry for 2 minutes.

In a separate pan fry the chicken until golden brown then add the rest of the ingredients and cook for a few minutes.

Bahmie Goreng

¼ kilo Chinese vermicelli noodles (bijon)
½ cup peanut oil
¼ kilo finely shredded pork
2 medium-sized onions, sliced
2 cloves garlic, crushed
1 small ginger-root, grated or minced
2 celery stalks, chopped
2 bunches Chinese cabbage, chopped
100 grams sitsaro
½ bunch spring onions, chopped
3 cabbage leaves, finely chopped
1 cup cooked shrimps
½ cup bean sprouts, blanched
2 tsps. soy sauce
Salt and pepper to taste
3 cups cooked rice

Boil the bijon in a little salted water for six minutes. Drain and set aside.

Heat the peanut oil in a large skillet and fry the finely shredded pork until golden in color. Move the pork to one side of the pan and fry the onions. garlic, ginger, stirring constantly. Follow with the chopped celery, Chinese cabbage leaves Fry for about five minutes, no more. Add the boiled bijon and fry till crisp. Add last the cooked shrimps together with the chopped spring onions and the bean sprouts. Cook for three minutes more. Season with soy sauce which has been diluted with a little water, salt and pepper. Serve with cooked rice.

Chicken In Coconut

4 coconuts
3 tbsps. butter or lard
1 medium-sized tender chicken
1 onion, finely chopped
2 green peppers, chopped
4 small firm tomatoes, quartered
Salt and pepper to taste
2 cloves garlic, crushed
Flour

Saw off the tops of the coconuts and scrape the meat. Squeeze the juice out of the coconut meat till you get a cupful of thick coconut milk. Save the coconut shells and scrape off the outside part of the shells till smooth.

Melt the butter or lard in an iron skillet (kawale) and fry the chicken which has been cut into serving pieces till brown. Set aside.

In the same skillet, fry the onion, the green peppers and the tomatoes. Season with salt, pepper and garlic; cook for 5 minutes. Add the fried chicken pieces and the thick coconut milk. Cook for 40 minutes more. Thicken the sauce with a little flour which has been dissolved in a little water.

Half fill the empty coconut shells with the chicken mixture and top with additional shredded coconut. Replace the caps and seal the edges with a thick paste made of flour and water.

Stand filled coconuts in a roasting pan with about an inch of water at the bottom. Bake for an hour in a warm oven (350°F.), basting the coconut frequently with water to prevent scorching.

For added attraction, serve the coconuts flambe — that is, in flames. Just as you bring them to the table, pour a spoonful of hot rum over each coconut and set them aflame.

Tere-Yaki

1½ kilos beef tenderloin, cut into 1/3 inch thick squares
2/3 cup soy sauce
2/3 cup water
¼ cup brown sugar
¼ cup boiling water
¼ cup cooking sherry
1 medium-sized ginger, grated
1 small clove garlic, minced
Pepper to taste

Season the tenderloin squares with pepper and skewer. Make the marinade by combining the soy sauce, the water, brown sugar, boiling water, sherry, grated ginger and minced garlic. Put tenderloin in this marinade and let stand for 5 to 6 hours. Broil skewered beef for about 7 minutes, turning and brushing frequently with the marinade. Heat the marinade and serve with broiled beef.

Special Chinese Fried Rice

½ cup finely diced cooked chicken
½ cup finely diced cooked ham
½ cup finely diced pork
½ cup finely diced shrimps
4 tbsps. peanut or cooking oil
¼ cup finely diced Chinese mushrooms
6 cups cold cooked rice
¼ cup finely chopped spring onion
3 tbsps. soy sauce
2 eggs, well-beaten

Fry the diced pork, shrimps, ham and chicken in the hot cooking oil lightly; add the mushrooms, the cold cooked rice and the soy sauce. Continue to fry over low heat for 10 minutes. Then add the well-beaten eggs and continue to fry and stir for another 5 minutes. If the color isn't dark enough, add a little more soy sauce. Put on serving platter and sprinkle top with the chopped spring onions.

Eight-Jewel Duck

One 5-7 lb. duck
½ cup glutinous rice
8 tbsps. soy sauce
3 scallions
15 gingko nuts
10 fresh chestnuts
2 tbsps. raisins
2 tbsps. cherry
2 tbsps. pearl barley (or substitute with common barley)
15 lotus seeds (or substitute canned)
10 candied jujubes (or substitute dates)
3 or 4 slices fresh ginger
5 cups water

Wash the duck clean and cut off the tail and oil sacs. Shell the gingko nuts, soak in hot water for about ½ minute and peel off the soft skin.

Boil the rice and barley together in 2 cups water for ½ hour over low fire. Then mix thoroughly the boiled rice and barley with 2 tbsp. soy sauce, 1 tsp. sugar, 1 chopped scallion, the gingko, lotus seeds, jujubes, dates, chestnuts, and the raisins. Stuff in the duck and place in heavy pot.

Put 3 cups water in the pot with the duck and add the remaining 6 tablespoons soy sauce 2 tablespoons sherry, 2 scallions (not necessarily chopped) and ginger. Simmer for another hour until duck is tender. This can be kept in the refrigerator for one week.

Loh Pai K'wut
(Sweet Sour Pork Cubes)

2½ lbs. pork sliced from shoulder
2 cups water
1 tsp. salt
4 tbsps. soy sauce
2 tbsps. sherry if desired

Ask butcher to remove bone from pork shoulder; cut meat into one-inch cubes (about four cups). Put into a saucepan. Add water, salt and soy sauce. Place on a high heat; bring to a rolling boil. Turn down heat, cover saucepan, simmer meat about 50 minutes, or until tender when tested with fork. Drain off meat broth into small saucepan. Skim off floating fat; add sherry if used. Set broth aside.

Sweet-Sour Sauce

½ cup sugar
4 tbsps. cornstarch
4 tbsps. vinegar
½ cup pineapple juice (drained from one nine-ounce pineapple tidbits)
2/3 cup pineapple tidbits (one 9-ounce can)
Broth from the meat

In a saucepan, blend sugar, cornstarch, vinegar and pineapple juice until smooth. Slowly stir in meat broth. Stir over medium heat until sauce is thick, about five minutes. Pour over pork cubes; add pineapple tidbits. Stir together, keep warm over low heat.

Will serve six to eight.

Fresh Vegetable Chow Mein

1 cup thin celery strips
1/3 cup sliced onion
1 medium green pepper (sliced in thin strips)
1 cup green beans (cut lengthwise)
2 carrots (cut in thin strips)
2 tablespoons soy sauce
2 tbsps. cornstarch
½ cup sliced mushrooms
3 tablespoons water
2 tomatoes (cut in wedges)
2 teaspoons salt

Cook onion, pepper, celery, beans and carrots in stock for 30 minutes. Add salt, soy sauce and mushrooms. Combine cornstarch and water, then gradually add to above mixture. Cook for an additional 10 minutes. Add tomatoes during the last 3 minutes of cooking.

Chinese Egg Rolls

3 eggs
1 cup flour
2 tbsps. cornstarch
2 cups water
½ tsp. salt
1 cup chopped cooked shrimp
½ cup finely diced celery
¼ cup minced cooked ham
¼ cup minced water chestnuts or turnips
¼ cup minced bamboo shoots
1 tbsp. soy sauce
2 tbsps. minced green onion
Fat for frying

Heat the 2 eggs slightly; beat in the flour, cornstarch, water and salt. Mix well. Heat a greased skillet. Add 1 tablespoon of butter; tip and tilt skillet so that the butter runs evenly over the bottom of the pan. Fry one side only.

Mix 1 egg and the remaining ingredients, except the fat. Shape into finger-size rolls. Lay rolls on cooked sides of pancakes, and roll up, tucking in the edges to seal in filling. Chill in refrigerator. Just before serving, brown in 2 inches of hot fat. Serve with sweet-sour sauce.

Century Eggs

The making of century eggs is a secret and surrounded with mystery. The following recipe was taken from an ancient cook book and has not been tested. Century eggs may be bought from any Chinese grocery store. The Chinese name is Pi Tan (pronounced pee darn). This recipe is given to you to satisfy your curiosity.

½ portion lime
1 portion ashes of pine wood
1 portion ashes of charcoal
1 portion coal ashes
Fresh duck eggs
1/5 oz. salt per egg
Cheap tea leaves (about ½ lb.)

Brew strong mixture from the tea leaves. Mix the tea essence with equal portions of pine wood, charcoal, and coal ashes, add the half portion of lime. Add salt in correct portion to the number of eggs being preserved. Cover each egg generously with this claylike ash mixture.

Line large earthenware container with earth. Carefully place coated eggs upon layer of earth. Allow two inches of space between each egg. Fill spaces in between with a generous layer of earth. Place container in a cool dark place and allow to cure for 100 days.

The following recipes are from THE KITCHEN GOD, a Chinese Cook Book by Lilian Chao, who was in Manila recently as delegate to the Asian Women's Convention.

Foreword to recipes: The quantity of each recipe is enough for five persons or "half a table" according to our Chinese expression. "One Table" means ten persons.

Measurement: C — a level cupful
T — a tablespoonful
ts — a teaspoonful

Pork And Vegetables

Pork may be combined with many vegetables, the basic pork mixture being the same only different vegetables are used.

Basic Pork Mixture

½ lb. lean pork, finely sliced and marinated in the following mixture:

1 ts wine
1 T cornstarch
1 T soy sauce
2 T onion sliced
Oil for frying

Flavoring
2 T soy sauce
½ ts. salt
1 ts. wine
¼ C stock or water (cold)

Heat pan, add oil, saute pork for a few seconds. Remove from pan. Saute vegetable, add soy sauce, salt, wine and stock, then add pork and fry till done.

Pork and Cabbage: Basic pork recipe, ½ head of cabbage cut into 2 inch pieces, 2 fine slices of ginger. Saute pork mixture, add cabbage, ginger and flavoring.

Sweet And Sour Pig's Feet

2 pig's feet, chopped into two inch pieces
2 large ginger roots sliced

5 T soy sauce
1 C sugar
3 C vinegar

Brown pig's feet in oil, add sauce, sugar, and mix well. Add ginger and vinegar. Simmer for one hour until tender.

Siopao

6 cups flour
1 cake yeast
1½ cups water
1 tsp. legia (ash lye from wood)
4 tbsps. sugar
Pork lard for kneading

Filling:
1 kilo ground pork
½ cup soy sauce
¾ cup water
1 tbsp. sugar
2 boiled salted eggs (cut into pieces)
Salt and pepper to taste
Green onions (cut fine)

Dissolve yeast in lukewarm water. Add sugar and part of the flour to make a soft sponge. Put aside to rise. Cook the filling which has been marinated in the soy sauce with sugar, pepper and green onions. When soft put aside to cool.

When sponge has risen to double its size add the remaining flour, legia and little lard to make dough soft enough to be rolled. Knead using lard to prevent sticking. Roll dough into small thin rounds and put the filling. Gather all edges on top and press to seal. Have ready the basket for steaming lined with small pieces of paper cut into squares and place the siopao on each of them. Let rise for few minutes and steam for about 40 minutes.

Pig's Feet Ham

1 pig's feet
1 tbsp. salt
1 tbsp. vinegar
1 tbsp. sugar

1 tsp. salt peter
2 cloves garlic (pounded)
½ tsp. pepper

Clean and bone pig's feet and marinate in the above mixture. Mix well the meat inside the feet with salt, salt peter and sugar. Add more pork meat to make the feet full. Sew end or the opening and let it stay inside refrigerator for three weeks. Steam until soft and let it cool before slicing.

JAPANESE DISH

Tempura

(1) TARE (season sauce)

¼ cup Japanese soy sauce
1 Tare (season sauce)
12 15-gm. Katsuobushi (dried bonito)
2 tsp. sake (rice wine) or mirin (sweet kind of sake)
1½ cups water
1 tsp. salt and sugar to taste

Mix all ingredients and boil. The sauce should be cooled before use.

YAKUMI (flavoring)

1 radish
1 ginger
Salt to taste

Grate radish and ginger. Mix in the sauce when tempura is to be eaten.

(2) KOROMO (coating)

2 cups ice water
A little salt and sake to taste
1 egg yolk
2½ cups flour

Mix flour with water. Put an egg yolk into the mixture and add salt to it gradually mixing together, but not excessively.

(3) OIL

1 small bottle salad oil
¼ cup sesame oil

Add a little sesame oil to a bottle or a small can of salad oil.

(4) TANE (ingredients to be fried)

18 asuhos (sillago) or biya (goby)
500 gm. prawns or shrimps
2 squids, medium size
200 gm. parsley
2 green pepper
1 carrot
100 gm. green beans

Remove the head and skin of the prawns or shrimps. The tails are left with their extreme ends cut off. Give three or four slight cuts crosswise on the bellies so that the prawns or shrimps will not be bent when fried. Sprinkle a little salt over the prawns, roll them over the dry flour and dip each piece in the coating before frying.

Remove the head of the asuhos (or biya). Slice the meat off the bones on both sides. Roll the meat over the dry flour and dip in the coating before frying.

Remove the skin and entrails of the squids. Take off the legs and cut the main body crosswise into two pieces. Cut each of them in a suitable size and sprinkle with salt and flour. Dip the meat in the coating and fry in hotter oil than other ingredients.

Cut off the stem of parsley leaving the leaves and a little portion of the stem. Fry in same way and so with thin sliced carrots and green beans.

"TEMPURA" is a food fried in plenty of oil after being dipped in mixture of eggs, water and flour. It is delicious when its four elements—fresh ingredients, light coating, good-smelling oil and well flavored sauce are harmonized.

FRENCH RECIPES

Soupe A Poignon

2 large onions, minced
1½ tbsps. butter
3 tsps. flour
5 pints stock or water
1 tsp. salt
Little pepper
Bread slices
Grated Parmesan cheese

Put onions in a saucepan with the butter and cook slowly until golden. Add flour, mix and cook a few minutes. Add the stock, salt and pepper and boil gently for 10 minutes. Put the soup into an oven-proof casserole, put bread slices on top and sprinkle them with grated cheese. Place in a hot oven until cheese has melted and bread browned.

Filet Of Sole Mornay

6 fish filets (Lapu-lapu, bacoco, etc.)
1 cup fish stock
3 tbsps. grated cheese
2 cups Mornay sauce
1½ tbsps. butter
1 tsp. salt

Put half the butter in a saucepan, add fish, seasoned with salt, and fish stock. Bring to a boil and cook slowly for 10 to 12 minutes. Remove fish to serving dish. Cook the liquid in pan until reduced to one third the original quantity. Add the Mornay sauce. Then cover the fish with the sauce, sprinkle with cheese and remaining butter (melted). Put in a hot oven and cook till brown.

Mornay Sauce

1/3 cup butter
½ medium onion, minced
1/3 cup flour
3 cups hot milk
1 tsp. salt
Dash of white pepper
2 egg yolks
½ cup grated Parmesan cheese
3 tsps. butter

Melt butter in a saucepan, add onion and cook until onion becomes very light brown. Add flour, cook a few minutes longer, add milk and seasoning, stirring vigorously. Cook gently for 25 to 30 minutes, stirring constantly until sauce is thick and smooth. Add the egg yolks; stir constantly and remove from fire before it starts to boil. Add cheese and butter and stir until all is thoroughly mixed. Do not boil or the sauce will curdle.

Ragout De Boeuf

1½ lbs. lean beef, cut in medium-sized pieces
1 tsp. salt
Dash of pepper
3 small onions, sauteed
3 carrots, cut in small pieces and parboiled
1 clove garlic
1½ tbsp. flour
Enough water to cover the meat
3 sprigs parsley
2 bay leaves
½ cup tomato sauce
3 tomatoes, chopped
1 tbsp. butter
¼ kilo celery, cut in pieces
4 large potatoes, cut in pieces

Season meat with salt and pepper and fry in melted beef fat, together with 1 onion and 1 carrot till golden brown. Remove fat, add garlic and flour and mix well with a wooden spoon. Place in the oven for a few minutes to let the flour brown. Add water, spices, tomatoes and bring to a boil; cook slowly over low heat for 1½ hours. During this time saute the carrots in butter and prepare the other vegetables to top it. Skim fat from gravy, correct the seasoning and strain over the meat and vegetables. Bring mixture to boil and cook slowly for another hour or till meat is done.

Canard Al'orange

1 duckling, 5-6 pounds
1 tbsp. butter
1 tbsp. flour
1 cup stock
3 oranges
3 tsps. sugar
1 tbsp. water
Juice of ½ lemon

Clean and singe the duck and truss to hold legs and wings close to body. Season with salt and roast in a hot oven of 450°F. 15 to 20 minutes or until golden brown. Remove from pan. Pour off fat from pan, leaving about 1 tablespoon. Add butter and flour, mix all together and cook until flour is golden brown. Add stock and cook, stirring briskly, until combined. Return duckling to pan, cover and roast in moderate oven for 1 to 1½ hours, or until duck is done. Peel the 2 oranges, pare remaining orange and cut into slices. Place duck serving dish, then cook down remaining sauce until it is reduced to about 1 cup. Cook sugar and water in a small saucepan until it becomes combined. Add strips of orange peel, all the juice that has been drained from orange segment and lemon juice. Correct the seasoning. Carve duck, arrange on hot platter with orange segments around it and pour sauce over duck.

Salade Normande

2 tbsps. mayonnaise
1 tsp. prepared mustard
2 tbsps. whipped cream
Salt to taste
1 cup diced celery
1 cup diced apple
¼ cup sliced cooked beets

Combine the mayonnaise with the prepared mustard; fold in the cream and season with salt to taste. Add mayonnaise mixture to celery and apple. Garnish with sliced cooked beets.

Crepes Suzette

⅔ cup flour
3 tsps. sugar
Pinch of salt
2 whole eggs
2 egg yolks
1½ cups milk
1¾ tbsps. melted butter
1 tsp. rum
½ cup butter
½ cup powdered sugar
2 oranges
Few drops of lemon and orange juice
1 small glass of any liqueur

Mix together the flour, sugar and salt. Beat eggs and egg yolks together and mix with dry ingredients. Add milk and stir until smooth. Add butter and rum. Strain through a fine sieve. Set aside for 2 hours. Put

a little butter in a very hot pan, just enough to grease it. Pour in a very thin layer of the batter. When set and brown on the underside, turn on the other side and cook until golden brown. The pan must be very hot because the quicker they cook the better. Makes 12 crepes.

Make the filling: cream the butter and powdered sugar together. Remove the peel of the oranges with a fine grater and add to the creamed butter and sugar. Add a few drops of lemon and orange juice and the liqueur. Spread this on the cooked crepes, then fold or roll them up. Put in a very hot platter and sprinkle with sugar. Pour a small glass of brandy and ignite.

Marinated Broiled Chicken

2 broiling chickens
½ cup melted butter
⅓ cup vinegar
1 tsp. Worcestershire sauce
½ tsp. pounded onions or onion salt
1 tsp. pounded garlic
½ tsp. salt
⅛ tsp. pepper
1 tbsp. tomato paste

Have chicken split down back. Cut out backbone by cutting through ribs along both sides of backbone, open carcass out and slit thin skin covering breastbone. "Snap out" breastbone. Without breast and backbone, broiler should lie flat. Clean chicken thoroughly and marinate in the mixture overnight. Drain off marinade and brush with melted fat and place on heated broiling rock skin side down. Replace rock about 5 inches from heat, broil about 15 minutes, turn brush with fat and broil on other side. Allow 45 to 60 minutes for broiling and baste chicken with remaining ingredients.

FRENCH FLAVOR

Taglianini With Chicken Livers

½ cup dried mushrooms
1 cup hot water
¼ cup olive oil
1 10-oz. pkg. frozen chicken livers
½ cup minced onions
½ cup minced celery
1 tablesp. snipped parsley
1 oz. can tomato sauce
½ 6-oz. can tomato paste (⅓ cup)
¼ teasp. dried marjoram
¼ teasp. dried rosemary
¼ teasp. dried basil
⅛ teasp. black pepper
Dash of cayenne pepper
1 clove garlic
1 teasp. salt
½ lb. fine egg noodles
2 tablesp. butter or margarine
1½ cups grated Parmesan cheese

Day before or early in day: Rinse dried mushrooms; add hot water; set aside. In hot oil in large skillet, brown chicken livers lightly; remove. To skillet, add onions, celery; saute until golden. Add parsley, tomato sauce, tomato paste. Drain mushrooms, adding liquid to sauce in skillet. Finely chop mushrooms and chicken livers. Add to sauce, with marjoram, rosemary, basil, pepper, cayenne. Simmer, covered, 2 hours, stirring frequently. Mash garlic with salt; stir into sauce; cook 30 minutes longer. Taste; add more seasonings if needed. Refrigerate until ready to use.

About 20 minutes before serving: Start cooking noodles. Slowly reheat sauce. To drained noodles, add butter. Turn onto large platter; cover with sauce; sprinkle with ½ cup Parmesan. Makes 6 to 8 servings.

Two 3-oz. cans chopped mushrooms, undrained, plus water to make 1¼ cups, may replace dried mushrooms and hot water.

Spaghetti-Sparerib Supper

1 No. 2 can tomato juice (2½ cups)
2 tbsps. brown sugar
1 tsp. salt
1 tsp. dry mustard
3 tbsps. vinegar
1 tbsp. Worcestershire sauce
1 clove garlic minced
2 lb. spare ribs
½ lb. spaghetti

Early in day: Start heating oven to 500°F. For barbecue sauce, in saucepan, combine tomato juice, brown sugar, salt, mustard, vinegar, Worcestershire, garlic. Simmer, covered, 10 minutes. Meanwhile using kitchen shears, cut spareribs into serving-size pieces (2 or 3 ribs to each piece): place in shallow open pan. Bake 15 minutes, or until brown.

Reduce oven temperature to 350°F. Bake ribs 45 minutes, basting every 15 minutes with ¼ of barbecue sauce. Refrigerate ribs and rest of sauce.

About 45 minutes before serving: Cook spaghetti. Start heating oven to 350°F. Place drained spaghetti in 1½-quart casserole; mix with 1 cup sauce. Top with ribs; then pour remaining sauce over all. Bake, uncovered, about 30 minutes, or until ribs are tender. Makes 4 to 6 servings.

Tuna Fish And Spaghetti

¼ cup butter or margarine
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
2½ cups milk
2 tablespoons chopped parsley
2 tablespoons chopped pimiento
2 tablespoons minced onion
1 teaspoon Worcestershire sauce
1 cup (17-ounce can) tuna fish, flaked
1 cup (4 oz.) ready cut spaghetti
1 cup Corn Flakes
1 tablespoon butter or margarine melted

Melt butter; stir in flour, salt and pepper. Add milk gradually, stirring constantly; cook until thickened, stirring occasionally. Fold in parsely, pimiento, onions, Worchestershire sauce and tuna fish.

Cook spaghetti in boiling salted water only until tender. Drain, rinse and drain again. Place alternate layers of hot spaghetti and sauce in greased 1½-quart casserole. Crush Corn Flakes into fine crumbs; mix with melted butter and sprinkle over spaghetti mixture. Bake in moderate oven (350°F.) about 30 minutes.

Yield: 6 servings.

Meat And Noodles, Bohemian Style

1 tbsp. butter
2 medium onions, sliced
1 cup diagonally sliced celery
2½ cups cut-up pot roast of beef, lamb, veal, or chicken
1 8-oz. pkg. medium noodles
2 tsp. salt
⅛ tsp. pepper
6 tbsps. grated Parmesan cheese
1 tsp. monosodium glutamate
1½ cups undiluted evaporated milk
2 tbsps. snipped parsley

In hot butter in large skillet, saute onions and celery until just limp; push to one side; add meat. Heat slowly.

Meanwhile, cook noodles as label directs; drain. Combine with salt, pepper, Parmesan cheese, monosodium glutamate, milk. Add to meat mixture. Heat, stirring occasionally, about 5 minutes or until hot. Serve topped with parsley. Makes 6 servings.

Pizza Pie

PIZZA DOUGH
½ cup warm water
1 yeast cake or (1 pk. yeast)
1 tsp. sugar
1 tsp. salt
2 tbsps. olive oil
2 cups flour
1½ cups more to be added

Mix all ingredients. Add the 2 cups of flour first. Beat well, then add the 1½ cups more. Grease bowl, brush dough with olive oil, let stand until it rises double its size.

Roll out to ½ inch thick and place on Cookie Sheet. Brush with olive oil. Spread 2 cans tomatoes (drained) and 1 6-oz. can tomato paste. Sprinkle with any kind of cheese (Italian Grated Cheese) 2 teaspoons salt, ¼ teaspoon pepper, 2 oz. cans of button mushrooms or 1 can of shrimp, hot sausage sliced. Then sprinkle with olive oil and bake in hot oven for 35 minutes. Serve hot.

Jessie Steen's Rolls

2 med. size potatoes
1 cake yeast or 2½ tsps. dry yeast
½ cup lukewarm water
½ cup Crisco or margarine
1 cup milk
3 eggs
¾ cup sugar
2 tsp. salt
5 cups flour

1. Peel potatoes and boil until tender. Measure 1 cup after putting thru potato riser.
2. Dissolve yeast in *lukewarm* water.
3. Place in separate bowl, Crisco of margarine.
4. Scald and pour over margarine. Stir until fat is melted.
5. Add rised potatoes.
6. Add beaten eggs.
7. Add sugar.
8. Add salt.
9. When mixture is lukewarm, add dissolved yeast and beat very well.
10. Sift and measure flour.
11. Add 4 cups first and beat very well.
12. Stir in remaining flour.
13. Cover bowl and chill mixture for 24 hours.
14. Make into rolls and line on greased pan.
15. Let rise for 2 hours or more until double its size.
16. Bake in 375°F. oven for 20 minutes, until brown.

HOME MAKING HINTS

Do Ahead Pastry — Make large amount of pie crust from your well tested recipe. Roll and cut into circles to fit your pie plate. Cover square cardboard slightly larger than the pastry circle with Reynolds Wrapper. Place the pastry circles one on top of the other, separating with the foil. Over-wrap with double layers or wrap and store in the freezer.

When needed, take one or two circles and in five minutes they are ready to be fitted into the plates.

* * *

Cooking with vinegar is not as easy as it seems — more often than not the resulting dish has what is commonly known as "raw" taste (hilaw). However, this "raw" taste can be avoided if you do the following:

1) don't cover the pan once the vinegar has been added; bring mixture to a brisk boil first;

2) do not stir when adding the vinegar, rather, let the mixture come to a boil first before you start your stirring. Bear the two things in mind specially when cooking kilawin, paksiw or dinuguan.

* * *

To prevent the water from boiling over when cooking macaroni or spaghetti, add a little cooking oil — about a tablespoon or two — to the water where you plan to boil the macaroni. The cooking oil will not only prevent the water from boiling over but also keep your macaroni from sticking together.

* * *

Here's a good thing to remember when sewing draperies — measure the draperies 2½ times wider than the window or door. This will insure their not being skimpy for your doors or windows.

* * *

Don't throw away paper cups; they can be put to good use. They can be used to hold can openers, or other kitchen tools. Outside the kitchen they can hold nails, screws, or other knick-knacks.

* * *

If you feel rushed at breakfast, try getting up 15 minutes earlier. This will enable you to prepare the family breakfast without the usual rush and at the same time you can wake up the family on time and thus help them eat their morning repast unhurriedly.

* * *

Right now Mr. M——— is glad he has planted several coconuts for coconut water is said to have a salutary effect on people with kidney trouble, such as Mr. M——— has been advised he has. That might be one reason for planting coconuts! The dwarf kind is most attractive, bears fruit within four-five years.

* * *

Don't starch your dresses if you want them to keep on looking like new.

* * *

Lucky you if your lavandera (or you yourself) never irons starched clothes too wet or makes starch too thick. If any, however, does stick to the iron, clean with dry or slightly dampened steel wool.

Do away with heat marks and scratches on wooden furniture by rubbing with silver polish. Wipe the blemishes with a little of the sot and creamy polish put on a damp cloth, rubbing with the grain. Then follow with wax or polish.

* * *

If your kitchen sink or bathroom washstand has gotten stained with yellow marks, try pouring a little bottled laundry bleach into the sink or washstand when wet. Swish around with a rag, and watch the sparkling white come back.

* * *

PIE CRUST SUGGESTION — For quicker cooking of pies, prepare your usual pie crust in advance. Place the dough between two sheets of freezer cellophane, and roll out thin. Next, wrap dough, cellophane and all around a paper cylinder such as paper towels or shelf paper come on. Push the ends of the cellophane down into the center of the tube. Or you can simply leave the dough in balls and put these in cellophane bags. Packaged either way, dough will stay fresh for a long time in the refrigerator.

Many cooks believe this storage actually improves pie crust flavor and texture, so why not try it?

* * *

If you break a bottle, be sure you get those tiny glass splinters off the floor. Use an ordinary piece of absorbent cotton, wet if you like. This will prevent cut knees and hands on toddlers.

* * *

For the ends of legs of kitchen stools which just can't seem to keep rubber tips on, here's a solution: tape them with black plastic electrician's tape. This will make them skid-proof and keep the linoleum from being dug.

* * *

To keep insects out of a seldom-trodden rug, fill a spray gun with a five per cent DDT solution. Spray the floor under the rug, the underside of the rug, then the top. It'll last a year.

* * *

To keep an open can of putty from drying out, cover it with water before replacing the lid — as tightly as you can.

* * *

You can always tell a woman who just paid bills — she's got ink stains on the finger. These come off easily when rubbed with the well-moistened head of a match.

* * *

Your cut flowers will wilt less quickly if you wash the vase with soap and water when you change the water each day. This will kill the bacteria that clog the flowers' water-conducting tubes, causing wilting.

* * *

You'll get more housework done and feel better at the end of the day if you schedule regular rest periods. Most women find that a 10-minute rest after every hour's work and a 15 minute rest after the fourth hour make for a happy work day.

If you're house-hunting, don't let attractive incidentals prevent your looking for fundamental features. It's a good idea to make a list of those features before setting out. Don't forget to look for such things as good insulation in walls and floors, plenty of storage space, carefully finished moldings, halls with good width.

* * *

The most efficient and most sanitary way to clean toilet bowls is to use one of the handle-and-disposable-pad sets now on the market.

* * *

Keeping your phonograph records dust-free will prevent annoying static and extend their life. So before playing them, wipe them with a slightly damp cloth.

* * *

If stamping ink has left traces on your embroidery, fade it out with a weak bleaching solution. Then wash promptly in warm sudsy water and rinse thoroughly.

* * *

Heavily soiled work clothes will present less of a washing chore if you soak them first for about 10 minutes in hot, soapy water to which a half cup of ammonia has been added.

* * *

The color and flavor of canned meats can be changed when they are stored in either hot or cold temperatures. A moderately warm, dry place is the best for them.

* * *

To rejuvenate an old lamp shade, apply thin coat of white shellac and sprinkle fine sand on it while wet. When dry, cover with coats of the shellac.

* * *

Before placing freshly cut flowers into a vase, snip off the ends with a sharp knife so that the stems will be able to absorb the water freely. A knife is preferable to scissors, since the latter may pinch the water-conducting tubes.

* * *

Keep cakes from sticking to the baking pans by lining the pans with waxed paper. Grease paper with a bit of oleo.

* * *

Monosodium glutamate, or vetsin, as it is commonly known, flavors food more subtly when added at the very end of cooking. One word of precaution —for the best result, add it just before serving time — don't let it get too hot.

* * *

Here's the right way to measure flour — sift flour first; then lift sifted flour lightly by spoonfuls into your measuring cup; level off by drawing edge of spatula or flat knife across top. Never press flour or shake it down the cup — remember, flour has a tendency to pack.

You can use short-stemmed flowers for your tall vases. All you have to do is to "extend" the stems by inserting them in plastic straws which you can buy from most stores downtown.

* * *

1. Salt and vinegar may be used to remove stains from china.

2. Keep your mouth open and your knife wet when cutting onion, then you won't shed tears.

3. An omelet cooks wonderfully when done in a pan which has not been washed — only wiped clean with butter.

4. As a substitute for commercial yeast, tuba (coconut wine) in a small amount is a good starter.

5. If you aim to have soft and fluffy hot cakes or pan cakes all ingredients should be well mixed with the exception of B. P. which must be added but unmeasured. (Add B. P. little by little, when bubbles appear stop adding B. P.)

6. To your pinangat add 2 tablespoons kalamansi juice and 2 tablespoons Purico to improve taste.

7. To prevent eggs from breaking while boiling puncture the round end of the egg (not pointed one) by sticking a pin through the shell.

8. When your rice burns put a piece of charcoal and partially uncover the pot to remove that burnt smell.

* * *

Soap, hot water and the heat of ironing may set a stain in good clothes forever. The best plan is to remove the stain as soon as possible after it occurs. Then launder.

* * *

When you hang a coat on the line to air or to be brushed, put two hangers in it, going the opposite direction. This way, the wind will not blow the coat off.

* * *

There's a new synthetic ironing board that won't get wet, even if you're using a steaming iron. It fits smoothly with a drawstring to any normal board, can be wiped off to clean.

* * *

To preserve the surface texture of rayons, iron on the wrong side, with a warm, not hot iron. Use a well-padded ironing board for rayons.

* * *

Aluminum, like wrought iron and brass, has come into its own in furniture and lamps. Don't use abrasives when washing its silvery surface. A soft cloth, suds and working in one direction for washing and rinsing will keep it shiny.

* * *

Mrs. Housewife, are you in search of a great morale builder? Here's a dandy one for you: hang up a mirror somewhere in your kitchen — preferably in a place where you do most of your work, like beside the kitchen sink, or wedged between your row of cabinets. Having one will help you be on the glamour and pleasing side at all times. For surely, you yourself will not like what you see reflected in the mirror if you are not properly

combed, made-up or dressed. And besides, you will not only be helping yourself but your family, too — watch their reaction to your always-looking-best-appearance.

* * *

When you have to keep corn on the cob a day or longer before serving, you can keep it fresh and juicy by slicing a small piece off the stalk end and then letting the ears stand in a pan containing an inch of water. Let the outside leaves stay on.

* * *

Got some paper stuck on the table? Here's how to take it off without damaging the finish; put a few drops of oil on the scrap of paper and let oil soak through for several minutes. Then rub gently with a soft cloth. Paper is then easily removed.

* * *

Clean burner grates on stoves by immersing them in a non-aluminum pan of water. Add three tablespoons of sal soda concentrated and boil for a few minutes. No scrubbing is needed.

* * *

Mozzarella cheese is now available in many grocery markets. Try this Italian way with it; rub a slice of crusty bread with a clove garlic; add a slice of Mozzarella and an anchovy fillet and broil until the cheese melts.

* * *

Roll ready-to-bake biscuits so each may be wrapped around a cocktail-size frankfurter. Seal the edges well and bake in a very hot oven. Serve the good little rolls with a chutney dip.

* * *

Cereals that are kept covered while cooking are more evenly moist than those that are not covered. A cover also prevents the cereal from forming a dry coating on top.

* * *

Cheese not only contributes calcium and protein, but when it is made from whole milk it is an excellent source of vitamin A and a good source of riboflavin.

* * *

Add chunk-style tuna to tomato sauce and serve over spaghetti.

* * *

Count on having 1 to ¼ cups of syrup from a large (No. 2½) can of peaches. When you are serving the peach halves as a meat garnish, use the syrup for a pudding.

* * *

Green peas look so pretty in nests of mashed potatoes. Top the peas with strips of pimiento. Small fry like this; oldsters, too!

* * *

To make even-sized meat balls, try this slick trick; spread ground meat mixture smoothly in an ice-cube tray; press the divider down to separat

the meat into even-size squares. Remove the divider and form each square into meat balls. Broil or pan-fry, as you wish, and you will see that you will have the most even-size meatballs this side of heaven.

* * *

Keep a small magnet handy at all times — use it to pick up spilled tacks, pins, other bits of metals and what nots.

* * *

Fasten a plastic bag to the grinder or shredder when fixing vegetables. This way there will be no cleaning up to do — and the bag and all go into the refrigerator until they are needed.

* * *

Get rid of the strong odor of cabbage when cooking it — just add a tablespoon of lemon juice to the water where you will cook the cabbage and the unpleasant odor of this vegetable will be eliminated.

* * *

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